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Thursday, August 23, 2012



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Glitter bombshell

Britain's biggest fashion talents get a gold medal for style at the Olympic closing bash PAGE 27

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Thursday, August 23, 2012

 News worth sharing.

The new catalogue is here.



SCRAMBLE TO SAFETY

Two brick masons from Cinanni Construction had a close call Wednesday at about 9:25 a.m., after the swing stage they were working on at 35 Woodridge Cres., across from Bayshore Mall, malfunctioned nine storeys up. Both workers (among the men pictured in the inset photo) were able to scramble to safety through a window. Company owner Angelo Cinanni said the safety features of the swing stage worked, and neither man was injured. Work continued after the equipment was repaired. The Ministry of Labour declined to investigate. MIKE CARROCETTO/FOR METRO



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One in 10 teens think of suicide: Study

Mental health. City bumps up programs as study reveals suicide is on teens' minds

 GRAHAM LANKTREE
graham.lanktree@metronews.ca

One in 10 Ottawa teens has had suicidal thoughts in the past year, says Ottawa Public Health, which has bumped up efforts to fill gaps in its programming.

"We were certainly concerned that one in 10 youth have had suicidal ideation," said Benjamin Leikin, a mental-health project officer with Ottawa Public Health. "One suicide is a tragedy. So that was a

concern for us."

The numbers were randomly sampled from 1,000 local youth who responded anonymously to the 2011 Ontario Student Drug Use and Health Survey. In the coming year, the city is making special efforts to reach out to grade seven and eight students, he said.

"It gives us a real snapshot of what Grade 7 to 12 students are really feeling," Leikin said. "The mental-health data takes a turn downward in those high school years, so early preparation is key."

The city is doubling the amount of schools on board with public nurses delivering a special five-session program that teaches youth about mental health, coping skills and building resiliency. The pro-

gram was in 12 Ottawa schools last year and the city is working to launch it in 20 or more for the coming school year.

A new series of short online videos set for release this fall, in partnership with Ottawa's Youth Services Bureau, will also alert parents to signs of mental-health issues to look for in children and how to build communication in the home.

"We're exploring other options to help parents, too," said Leikin, including an early-screening program in local daycare centres for kids aged 18 months to four years old.

"Across the province we've been an example to other cities," Leikin said. "We're working hard on this. It isn't just something we're doing once and then forgetting about."

Looking for Leblanc leads

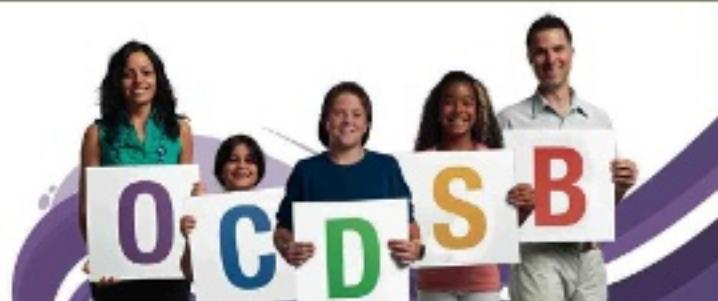
Police extend \$10K reward to help find girl's killer PAGE 4

Stuck in his stomach

Fork was lodged in man's belly for a decade PAGE 12

Ride a donkey, access Wi-Fi

Search the net on a donkey at an Israeli biblical park PAGE 20



Fainting spell

Collapse wasn't due to stroke, councillor says



Coun. Marianne Wilkinson

METRO FILE

Kanata North councillor Marianne Wilkinson was released from hospital yesterday afternoon after collapsing at a conference earlier in the day.

Wilkinson said she suffered a fainting spell — not a stroke, as suggested by several media reports — during a session at the Association of Municipalities of Ontario conference.

"The heart's fine," she said. "I got a strong one."

Wilkinson was delivering a speech about cycling at the conference, which was held at the Westin Hotel downtown, when she began slurring her speech and leaned on the podium.

"All of a sudden, just like whammo, they tell me I went white as a sheet," said Wilkinson.

Wilkinson was taken to the Ottawa Hospital General Campus, where doctors performed a series of tests but failed to find a reason for the fainting spell. "They don't know exactly what caused it. (But) they see it all the time," Wilkinson said.

"I'm going to take it easy for three days," she said, adding that she might attend an upcoming city transit commission meeting on Friday.

JESSICA SMITH/METRO

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Lock up. Suspects in rash of home break-ins entered through unlocked doors

Ottawa police say they've seen 15 brazen break-ins in the past week where a suspect entered a home through an unlocked back patio door and stole things — while the families were home.

Seven break-ins happened in north Kanata and eight in Stonebridge, said Staff Sgt. Richard Baldwin-Ooms. Only items that were in view and easy to take were stolen.

"It's unusual for offenders to commit residential break-ins when the homeowners are present," he said.

Would-be thieves at-

tempted to break into other homes, but because the doors were locked, they were unsuccessful, police said in a news release.

Officers are warning residents to keep their windows and doors locked, even while at home, and keep valuables out of view from outside.

Anyone with information about these crimes should contact district break and enter officers at 613-236-1222 ext 2655 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

JESSICA SMITH/METRO

Escapade. Bail hearing postponed for accused in music-festival theft

The bail hearing for Nickolas Guindon-Vachon, who is accused in the Escapade Music Festival theft, has been postponed to next week.

The 27-year-old festival co-founder is accused of stealing \$600,000 in proceeds from the two-day event held on Canada Day weekend. He was extradited from Aruba to formally face charges of theft over \$5,000 and possession of stolen property over \$5,000.

Crown prosecutor Mike Boyce said he was prepared for the hearing to proceed Wednesday, but defence lawyer Joshua



Nickolas Guindon-Vachon CONTRIBUTED

Clarke requested more time to provide full disclosure.

Guindon-Vachon will appear by video Aug. 29.

JOE LOFARO/METRO

Layton's life remembered by friends and well-wishers

One-year anniversary.

Former NDP leader continues to inspire with his positive approach to politics



GRAHAM
LANKTREE

graham.lanktree@metronews.ca

Quoted

"It's raw because sometimes you want to talk to him and he's just not there."

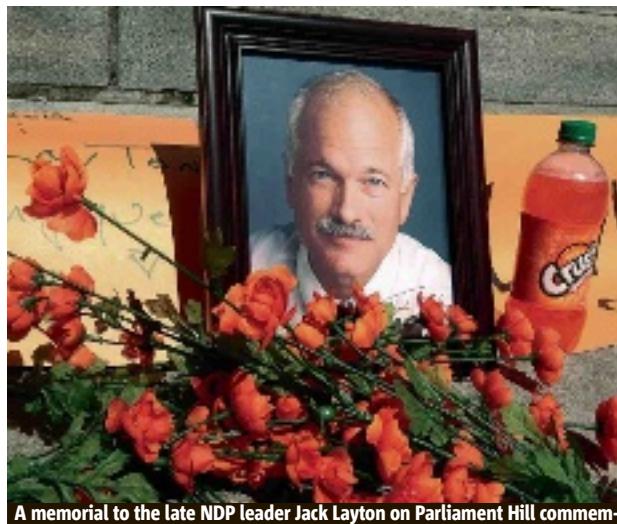
Ottawa Centre NDP MP Paul Dewar

"Jack didn't have time for put downs. He was positive at a time when attack ads became more prevalent," Dewar said. "People didn't see it as insincere. He believed it. This was our guy."

With Layton gone, Dewar acknowledged the NDP has work ahead — a sentiment echoed by other Layton supporters.

"We're hoping for great things from (Thomas) Mulcair," said Colin Ashford, who worked on the NDP's 2011 election campaign, of Layton's successor as NDP leader.

"We hope he can mitigate what this government is doing on the environment and to research stations in the high Arctic," he said. "We have a PM



A memorial to the late NDP leader Jack Layton on Parliament Hill commemorates his death on Aug. 22, 2011. GRAHAM LANKTREE/METRO

who is mean-spirited and is just trying to manage the economy — and not doing a good job of that.

"We still have kids going to school hungry in this country," he added, "and we've got to do something about it."

Ashford said that Canadians

now have to continue Layton's work. "He stood for love, hope and optimism," he said, "and we need a lot more of that in politics in this country."

Follow Graham Lanktree on Twitter @MetroGraham



Mobile news



Chad Kroeger and Avril Lavigne aren't the only celeb couple who got engaged this year. Scan the code to see Hollywood's other headline-grabbing pairings.

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Police remain optimistic they'll catch Leblanc killer

Hoping for leads.

Police extend \$10,000 reward and release new mobile QR-code downloads of witness sketch

JESSICA
BEDDAOUI
ottawa@metronews.ca

One year after the murder of college student Valérie Leblanc, Gatineau police are hoping a new appeal to the public will lead to more tips.

Leblanc's body was found beaten and burned near a trail in the woods behind the CEGEP de l'Outaouais in Hull on Aug. 23 of last year.

"The investigation into Valérie Leblanc's homicide was and remains a priority for our police services," spokesperson Jean-Paul Lemay of Gatineau police said Wednesday.

In October 2011, police released a composite sketch of a "key witness," but they have not been able to locate him.

"This person was seen on the scene of the crime. We must talk to him. For us, he's an important witness, and after meeting him, we'll see what happens," Lemay said.

"Two and a half years

after that horrible murder in Ottawa, police got information thanks to the composite sketch (that led) to the arrest of the murderer," Lemay said.

On Thursday, from 9 a.m. to 8:30 p.m., cops will set up a command station in the parking lot of the Gabriel Roy campus of the CEGEP de l'Outaouais, hoping more tips will come in.

"We would once again like to remind the public to not assume that we have a piece of given information. You must call us to share anything you see or hear," Lemay said. "A detail that may seem ordinary or unimportant to you may be very meaningful to us.... It can be the little link that ties together a bunch of loose ends."

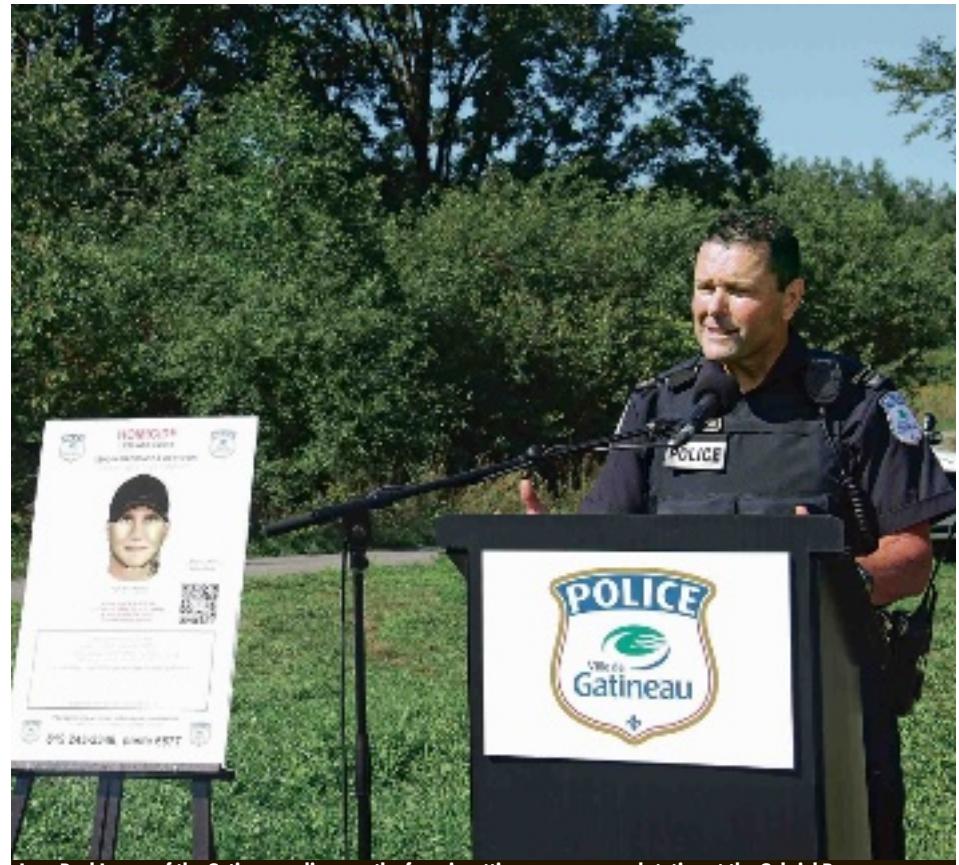
Police are targeting students who were at the CEGEP on Aug. 23, 2011, between 7 a.m. and 5 p.m.

In October 2011, police released a composite sketch of a "key witness," but they have not been able to locate him.

"This person was seen on the scene of the crime. We must talk to him. For us, he's an important witness, and after meeting him, we'll see what happens," Lemay said.

Not giving up

- Gatineau police are hoping a new QR code that lets mobile-phone users download a composite sketch of a key witness will boost the number of leads in their investigation.
- Police released the sketch last October but, despite several tips, they have not been able to find the witness.
- The man being sought was described as French-speaking and weighing about 200 pounds. He also walked with a limp.
- Police also announced that a \$10,000 reward for information that leads to the arrest and conviction of the person responsible for Leblanc's murder will be extended to April 2013.
- Anyone with information is asked to contact Gatineau police at 819 243 2346, ext. 6677.



Jean-Paul Lemay of the Gatineau police says the force is setting up a command station at the Gabriel Roy campus of the CEGEP de l'Outaouais on Thursday from 9 a.m. to 8:30 p.m. JESSICA BEDDAOUI/FOR METRO

Family of victim feeling shut out of investigation



Huguette Leblanc JESSICA BEDDAOUI/FOR METRO

The grandmother and father of Valérie Leblanc say they are frustrated by the lack of leads in the case and what they see as a lack of communication on the part of investigators.

"There's not enough answers. It's not enough," said Valérie Leblanc's grandmother Huguette Leblanc. "The media knows more than we do."

After the press confer-

ence yesterday, Leblanc said she hadn't been invited to the event.

"I was hoping to hear that they had a good lead or two," she said. "I'm glad that I came, even if I wasn't invited, because I could hear all the questions of all of you and get the answers that maybe they wouldn't have given to me but they gave to you."

Sylvain Leblanc, Valérie's

father, said he shares his mother's frustration.

"I'm the last one they give news to or (I'm) not told anything. I don't know why? I'm her father," he said. "I think there's something wrong. It's taking too much time. I think it's already the end."

Huguette Leblanc said she understands police are working hard, but wishes there was better communication between the family

and police. But Gatineau police spokesperson Jean-Paul Lemay defended the way police are dealing with the family. "We communicate with the family," he said. "She might be upset because she is not the person that is the one we communicate with (most frequently), but we still communicate with her."

JESSICA BEDDAOUI/FOR METRO

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City mulls what to do with \$2.5M tax surplus

Excess. Some citizens want it to reverse the transit cutbacks, others opt for rainy-day fund



GRAHAM LANKTREE

graham.lanktree@metronews.ca

What to do with a \$2.5-million surplus in city taxes may be up for debate at city hall Monday, but people on the street already know what they'd like to see done with the money.

"I would reduce fees for OC Transpo, expand routes and put more buses on the street," said Peter Flynn.

Teisha Williams echoed similar sentiments. "If you compare (Ottawa) to other cities like Toronto, they have more buses that run more frequently for roughly the same price."

The city realized they were

in the black in a finance and economic development committee report released August 20. The surplus represents 0.1 per cent of the \$1.9 billion budget for tax-supported programs.

"The mayor is pleased to see that halfway through the year there is a projection of a small surplus," said Ryan Kennery, press secretary for mayor Jim Watson. "City staff are effectively managing the expenditure of funds respecting the 2012 budget."

Kennery pointed out that the last budget included the lowest tax-rate increase in five years at 2.39 per cent. He said that a decision of what to do with the projected savings will be made by city council at the end of the year.

Citizens also floated other ideas. "OC Transpo, I think, is a billion-dollar question," said Bobby Dang. "I'd like to see the city put this money in a rainy-day fund."



With the possibility \$2.5 million in operating-budget surplus being tossed around at the city, some Metro readers say it should go straight to improving bus service. SEAN MCKIBBON/METRO

Where should the money go?



"A rainy-day fund, just in case we have a heavy snow this winter or if they're over budget in something else."

Bobby Dang



"Basically (they should) retract all the cuts they made last year."

Peter Flynn



"They are raising the price to ride every year and service is getting worse. That's one of my main concerns."

Teisha Williams

ALL PHOTOS GRAHAM LANKTREE/METRO

Video games can be art for all: Show curator



Jamie Woo plays Dance Central Two at the Mediastyle studio on Wednesday.

JESSICA SMITH/METRO

A new art show exhibits video games in a new light — as art, for everyone.

The show, forallgamerssake, takes a deeper look at games and considers them as art, and not just entertainment, said curator Jamie Woo.

The show is part of Capital Pride Week and Woo highlights independent games by female and/or queer video game designers.

Woo said many games created by straight men are designed with the "traditional heterosexual male gaze," built-in, and can alienate gamers who don't see themselves represented on screen.

Quoted

"I get that it's a fantasy world, but sometimes it's disappointing to realize that I don't see anyone in those games that represents me whatsoever."

Jamie Woo, curator, forallgamerssake

For example, consider stereotypical tiny-wasted, huge-breasted female avatar in games like Tomb Raider, he said.

"I think it's important that young girls and women see a representation of themselves in games that isn't that kind of cartoonish hour-glass figure," he said.

Forallgamerssake will show a not-yet released game called Gravity Ghost by Erin Robinson. It's physics-based puzzle game about a female ghost, who doesn't have that cartoonish figure.

Woo is also showing games with openly gay designers that don't share the majority of games' heteronormative viewpoint.

"I get that it's a fantasy world, but sometimes it's disappointing to realize I don't see anyone in those games that represents me whatsoever," he said.

One mainstream game that he loves is Dance Central 2, because the dancing is gender neutral—as in the male characters shimmy their hips and shoulders just as much as the female dancers do.

"These are more feminine moves, but here's a guy whose going to dance anyhow," he said.

JESSICA SMITH/METRO

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Ottawa-made film eyed for NSI award

Ottawa's Nathan Estabrooks took a chance with his first foray into directing by shooting his short film *UR X GIRLFRIEND* in POV style, but the five-minute movie has won over the people at the National Screen Institute (NSI).

The Winnipeg-based not-for-profit training school for writers, directors and producers selected the 36-year-old's made-in-Ottawa film for the latest round of the NSI Online Short Film Festival.

Tip of the hat

"It's great to have a nod or tip of the hat from your peers."

Director Nathan Estabrooks on reaction to his short film *UR X GIRLFRIEND*

The film is up for the festival's A&E short filmmakers award. It was shot in a day in a bedroom of an apartment near Elgin Street in November and features an Ottawa cast.

Estabrooks used a small HD camera and a smartphone to tell the story of Jessica, who questions her emotions when her ex-girlfriend shows up for one last moment of affection. Estabrooks has been writ-

ing for the last 10 years, so when he decided to make his directorial debut, he said people in the industry told him to stay away from POV.

"I'm very happy with it," he said. "It came out exactly the way I imagined it."

His film and 22 others are eligible for A&E's award of \$1,250. *UR X GIRLFRIEND* was co-produced by Megan Forsythe and stars Christina Cuffari and Jennilee Murray.

JOE LOFARO/METRO



A scene from *UR X GIRLFRIEND*. CONTRIBUTED

It's all downhill from B.C., says charity biker

Pan-Canadian. Cyclist reflects on bike-friendly paths as he passes through capital



JOE LOFARO

joe.lofaro@metronews.ca

Armin Kluge has pedalled his way across thousands of kilometres of Canadian roads as he raises money for a rural Cambodian school, and he says Ontario's is by far the most difficult to navigate.

The 71-year-old is biking Canada in segments, beginning in 2010 from Kenora to Aurora and then in 2011 from Vancouver to Kenora. His latest trek is Aurora to Halifax, and on Wednesday he hit Ottawa.

To him, Vancouver is the easiest and safest city to bike.

"They have the best bike-trail system," said Kluge from the Sir John A. MacDonald Park-

Cyclist-friendly

Best to worst:

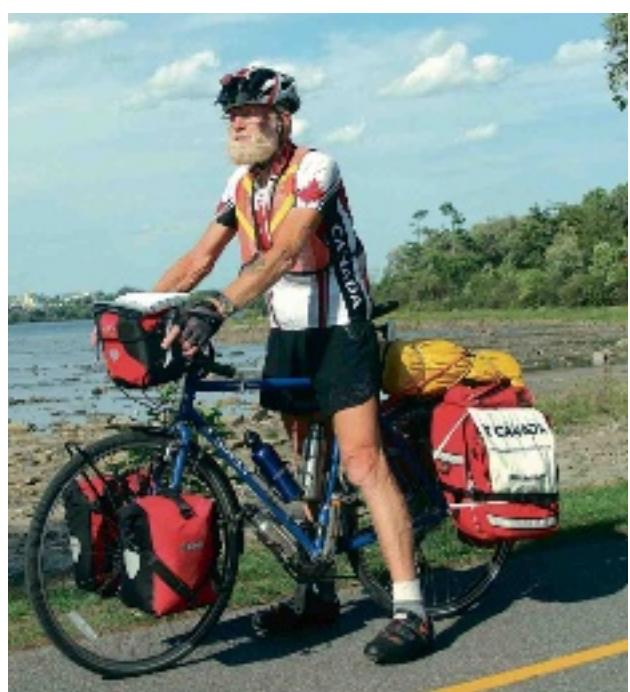
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- Saskatchewan
- Manitoba
- Ontario

way. "They have so many roads that are designated for bikes, and they're well marked."

He called Ottawa River Pathway "very good," but the route he took to get there from Stittsville was "terrible."

"The closer I came, it was getting rough around the edges," he said.

By the time he reaches Halifax next month, he hopes to have raised close to \$50,000 for the Angkor Thom Junior High School.



Armin Kluge poses with his bike near the Champlain Bridge before heading back on the road. JOE LOFARO/METRO

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Harper's haven? Vast new national park mixes tranquillity and trade

A vast tract of mountainous Northwest Territories terrain was christened Wednesday as a new national park — with a twist.

Prime Minister Stephen Harper billed it as striking a balance between protecting the environment and growing Canada's economy.

The original Naats'iich'oh reserve proposal was to protect 7,600 square kilometres from commercial activity.

But the final decision instead sets aside just over 4,300 square kilometres of lakes and rainbow-hued mountains about 90 minutes south of Norman Wells.

The remaining territory



Stephen Harper and wife Laureen tour the park. ADRIAN WYLD/THE CANADIAN PRESS

21 drivers charged

Rubbernecks on the 401 get a cellphone shock

Ontario Provincial Police charged 21 drivers Monday for rubbernecking on Highway 401.

Officers attending a collision involving two tractor-trailers in Napanee, Ont., noticed numerous drivers using their hand-held de-

Quoted

"It's a spectacular place for a new national park."

Prime Minister Stephen Harper as he toured the Naats'iich'oh reserve

has potential for mineral development, which is why it was left out of the final plan.

"One of our objectives is to make sure we protect our environment and also allow for economic opportunity here," said Harper, who unveiled plans for the park as part of his annual late-summer sojourn through Canada's North. **THE CANADIAN PRESS**

Let's have some fun! Students bounce back

Montreal march.

There's an unusual festive air to events as holidays end and young protesters take to the streets again

They're baaack!

Student protesters burst into the Quebec election scene Wednesday after dropping off the radar in the campaign's first weeks.

Thousands of students marched in Montreal — just as they have on the 22nd of every month for the last six months.

The event was peaceful, at times even festive.

But in some cases people tore down a number of political campaign posters for different parties.

The protests have faded as an election issue, mere weeks after they were attracting international news coverage and dominating the political conversation.

The student unrest didn't even come up once in the only election debate to have featured all four leaders of the biggest parties.

Part of that absence has to do with a strategic decision made by many students: most have returned to class, with some citing a desire to avoid making themselves a campaign issue.

Premier Jean Charest is accused by opponents of manipulating the calendar to ensure the strikes would be a top-of-mind issue for voters.

His emergency law set the mid- to late-August dates for the return to colleges and universities, and then he called an election for that period.

But few students appear to



Partners in protest: Marchers dress — or undress — for the occasion on Wednesday. GRAHAM HUGHES/THE CANADIAN PRESS

Quoted

"We recognize that the three main parties that can seize power haven't made much of a case in support of education."

Jeremie Bedard-Wien, spokesperson for CLASSE, the most militant student association.

be playing their assigned part in Charest's campaign script.

The number of students on strike has diminished by more than four-fifths since the peak of the movement.

But that doesn't mean the issue has disappeared completely; universities are set to reopen in the coming days and it's unclear how smooth

that process will be.

One spokesperson for the more militant student organization, CLASSE, promised the students would continue striking in defiance of Bill 78. He said the action would persist during, and after, the election.

The group says about 43,000 students remain on

strike — which is about one-tenth of all post-secondary students in the province.

The student issue showed some other potential Wednesday for resurfacing as an election issue.

The Parti Québécois critic on the issue, Marie Malavoy, has urged students not to pay their fees for the semester.

She told Le Soleil newspaper in Quebec City that universities that have sent out tuition bills with the new, higher, amount should have waited. The PQ is promising to scrap the Charest government's \$254-a-year, seven-year plan for tuition hikes.

THE CANADIAN PRESS

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Protesters demonstrate outside the court in Venterdorp, South Africa, on Wednesday at the sentencing of the killer of right-wing leader Eugene Terreblanche. Chris Mahlangu was given a life sentence for the 2010 murder of Terreblanche. DENIS FARRELL/THE ASSOCIATED PRESS

Farmworker gets life sentence for killing white supremacist

South Africa. White protesters oppose Mahlangu supporters outside courtroom

A black farmworker was sentenced to life in prison Wednesday for the brutal murder of South African white-supremacist leader Eugene Terreblanche in a case that has been a source of racial tension in the city of Venterdorp.

About 100 protesters sang anti-white songs outside the courtroom in the city just west of Johannesburg to support 30-year-old Chris Mahlangu,

who had pleaded guilty but argued that he acted in self-defence in what the judge found was a violent dispute over wages.

They were opposed by 20 white protesters who carried the dummy of a black man with a rope around his neck and a sign that said: "Hang Mahlangu."

As Mahlangu was leaving the court, the protesters tied the effigy to a pick-up truck and drove around the black crowd.

Mahlangu was found guilty for beating Terreblanche, 69, to death with an iron in April 2010. Mahlangu said he feels he did no wrong by ridding the world of a man some called

The second man

A second man, Patrick Ndlovu, who was a teenager at the time of the killing two years ago, was sentenced to a two-year prison sentence which means he goes free.

• Ndlovu was found guilty of breaking and entering with intent to steal.

a monster. The judge had rejected a defence argument that Mahlangu had been sodomized by Terreblanche and acted in self-defence. Mahlangu also claimed that Terreblanche in-

fected him with HIV.

Zola Majavu, Mahlangu's lawyer, said on Wednesday that they are planning to appeal both the court's findings and the sentence.

After the sentencing, the Young Communist League of South Africa released a statement calling the judgment racially biased.

"Eugene Terreblanche was a white supremacist who made no qualms about his lack of love and respect for the black Africans and still believed in white supremacy and black oppression. How is it that the issue of self-defence is not taken seriously?" said the statement.

THE ASSOCIATED PRESS

Zellers layoffs. Unionized workers hit Target office to deliver petition to execs

Unionized workers delivered a blistering attack on Target and corporations like it on Wednesday, at a protest in front of the company's new Canadian headquarters in Mississauga.

"We need to fight back against this corporate greed. We need to build a huge movement to take back this country for workers," said Motilal Sarjoo, president of the Mississauga Brampton Labour Council.

Sarjoo was addressing a crowd of about 120 people, including union members and leaders of the United Food and Commercial Workers (UFCW), the Canadian Auto Workers (CAW), the Canadian Union of Public Employees (CUPE), the Ontario Federation of Labour (OFL) and NDP MP Wayne Marston.

The group had gathered to deliver a petition to Target executives, asking them to re-

Let go

27,300

An estimated 27,300 employees are being let go as a result of the transaction. About 15,000 of them work in stores being converted to Target stores.

spect the seniority and benefits of Zellers employees who are being laid off as Target takes over Zellers leases across Canada as part of a \$1.8-billion deal with HBC.

Target, a discount retailer based in Minneapolis, plans to open its first stores in the GTA in 2013.

Target has maintained that it has no responsibility towards the Zellers employees, because it bought only Zellers leases from HBC. Citing its status as a private company, HBC has repeatedly declined to comment.

TORSTAR NEWS SERVICE

U.S. outbreak

West Nile cases four times higher for mid-August

The current West Nile outbreak is one of the largest in the U.S., with four times the usual number of cases for this time of year, federal health officials said Wednesday. So far, 1,118 illnesses have been reported, about half of them in Texas. In an average year, fewer than 300 cases are reported by mid-August. There have also been 41 deaths this year, Centers for Disease Control said.

THE ASSOCIATED PRESS

Kenya

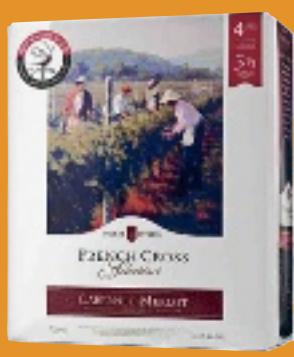
Nearly 50 killed in attack over land

Hundreds of farmers attacked a village, killing at least 48 people in southeastern Kenya in an escalation of ongoing clashes between the farming and pastoral communities over land and resources, an official said Wednesday.

Some people were burned to death in their houses, while others were hacked to death or shot with arrows, said Tana River region police chief Joseph Kavoo.

THE ASSOCIATED PRESS

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Chinese activists return home

Disputed land.

Homecoming isn't likely to end feud; Chinese have vowed to make another attempt to occupy islands

Hong Kong gave a hero's welcome home Wednesday to activists who landed on disputed islands and whose video of their scuffles with Japanese police will likely aggravate nationalist tensions further.

The seven activists were part of a 14-person group that managed to evade the Japanese Coast Guard in a rusty fishing boat to reach the islands a week ago. The group included two reporters from Phoenix TV, which broadcast video for the first time of the activists' desperate confrontation with Japanese officers as they landed on the barren islands.

Known as Senkaku in Japan and Diaoyu in China,

the islands are surrounded by rich fishing grounds and may also be near underwater natural-gas deposits. They're controlled by Japan but also claimed by China and Taiwan.

In the video, six of the activists are seen clambering over the rocky shoreline. The group wades ashore, advancing toward several dozen Japanese police officers wearing riot gear. One of them waves China's national flag as the officers watch. But as they try to go further, the police block the way. Two of them make a run for it but are tackled by the officers.

The whole group was arrested and quickly expelled from Japan in a move seen as an attempt to soothe tensions. But anti-Japan sentiment flared up anyway in China, where thousands protested last weekend in 10 cities, with some carrying banners demanding Japan give up the islands.

THE ASSOCIATED PRESS



Chinese activist Henry Wong Fahman, centre, shakes hands with supporters on arrival in Hong Kong Wednesday. A group of Hong Kong activists deported from Japan after landing on disputed islands in the East China Sea returned home in their fishing boat to a hero's welcome. KIN CHEUNG/THE ASSOCIATED PRESS

News agency denies spying claims after journo quits



Xinhua Ottawa bureau chief Dacheng Zhang takes video footage on Wednesday during an announcement by Prime Minister Stephen Harper in the Northwest Territories. ADRIAN WYLD/THE CANADIAN PRESS

A Canadian journalist says he quit working for China's news agency because it wanted him to spy on the Dalai Lama in Ottawa.

But the Ottawa bureau chief of China's Xinhua news agency dismissed that claim as "Cold War" ideology.

Ottawa-based freelance journalist and author Mark Bourrie makes the allegation against the Xinhua news service in an article published in Ottawa Magazine, and in an interview with The Canadian Press.

The matter will likely re-

vive debate around the long-standing issue of whether Xinhua is an intelligence-gathering front for the Chinese government instead of a legitimate news service.

Bourrie, 55, said he resigned in April after working for two years for Xinhua in Ottawa because its Ottawa bureau chief, Dacheng Zhang, wanted him to use his parliamentary press pass to gain access to the Dalai Lama's final news conference, and turn over all notes and materials without writing a story.

Bourrie says the agency col-

lected hours of video and other notes of the Dalai Lama's most recent trip to Ottawa on April 27 and 28, but it wasn't interested in publishing a story on the Tibetan spiritual leader. The Chinese government considers the Dalai Lama to be its enemy.

Zhang, who is currently travelling with other Canadian journalists on Prime Minister Stephen Harper's annual tour of the Arctic, denied Bourrie's claim on Wednesday.

Zhang told The Canadian Press that Xinhua's policy is to "cover public events by public

means" and his bureau's job is to cover news events and file the stories to Xinhua's editing rooms. It is up to them to decide how and what to publish, Zhang said, calling those decisions internal matters.

Bourrie said that Xinhua's journalistic access to Parliament Hill and other Ottawa events should be reviewed by the parliamentary press gallery because the credentials it has issued are being used to gather information for a foreign government, not solely for media reports.

THE CANADIAN PRESS

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Fork removed from man's stomach, 10 years later

Tough to swallow.

Plastic utensil was lodged in the 40-year-old British man's small intestine for a decade, surgeon calls the case 'anything but routine'

Lee Gardner had forgotten swallowing a white plastic fork 10 years ago when he went to the hospital this month coughing up blood.

But there it was, on camera, as Dr. Hanif Shiwan performed the baffled 40-year-old from South Yorkshire, U.K.

"The handle of the fork was in the duodenum," Shiwan told the Star on Wednesday. "The prong part was in the stomach."

There it had lain, 23 centimetres of hard plastic stuck at the entrance to the small intestine, for a decade.

"I can't believe it. I have never had any problems with my stomach, except once a couple of years ago I remember thinking I felt like something had lodged when I bent over awkwardly," Gardner told the hospital.

It was only when Shiwan looked inside his gut and saw a fork that Gardner said he "remembered accidentally swallowing one years and years ago."

What was particularly unusual was that it had been forgotten.

Quoted

"I have never had any problems with my stomach, except once a couple of years ago I remember thinking I felt something had lodged when I bent over, awkwardly."

Lee Gardner, who had a fork removed from his stomach after barely noticing it for 10 years.

"It hadn't been giving him any symptoms," said Shiwan, until the prongs started wiggling their way into Gardner's stomach lining and gouging blood vessels.

Shiwan performed the 45-minute operation at Barnsley General Hospital, South Yorkshire, where he is a consulting surgeon.

The case is anything but routine. Shiwan could find only four other cases in medical journals of an object so large spending so long inside a person.

He's looking forward to adding to the medical literature with this one, particularly as Gardner has made a full recovery.

The blackened and stained fork, now missing a tine, sits in a cupboard at the hospital.

TORSTAR NEWS SERVICE



We're gonna need a bigger boat

Good Hope Cannery sport-fishing guide Tyler Mills, left, and tourist Deborah Whitman-Perry of Newmarket, Ont., pose with a record-breaking 83.3-pound Chinook salmon caught near Rivers Inlet, B.C., on Sunday. The fish was released to fight another day.

GOOD HOPE CANNERY/THE CANADIAN PRESS

Outbreak. Superbug contained in U.S. hospital

Over six frightening months, a deadly germ untreatable by most antibiotics spread in the U.S.'s leading research hospital. Pretty soon, a patient per week was catching the bug. Scientists at the National Institute of Health locked down patients, cleaned with bleach, even ripped out plumbing — and still the germ persisted.

By the end, 18 people harboured the dangerous germ, and six died of bloodstream infections from it. Another five made it through the outbreak only to die from the diseases

Preventable death

99,000

Infections at health-care facilities are one of the leading causes of preventable death, claiming an estimated 99,000 lives a year.

that brought them to NIH's world-famous campus in the first place.

It took gene detectives teasing apart the bacteria's DNA to solve the germ's wily spread, a CSI-like saga with lessons for all hospitals. **THE ASSOCIATED PRESS**

Charged. Man accused of molesting passenger

A passenger on a U.S. domestic flight dozed off wearing headphones and awoke to find the hands of the stranger seated next to her inside her blouse and shorts, federal prosecutors said Wednesday.

In a criminal complaint, the U.S. attorney for New Jersey charged Bawer Aksal with sexual abuse.

Prosecutors said Aksal, a Turkish national with U.S. citizenship, was sitting in the middle seat on United Airlines Flight 306 Newark, N.J., from Phoenix, Ariz., on Mon-

day night when he allegedly abused the woman, who was sitting in the window seat.

The woman, whose name is being withheld by prosecutors because of the nature of the charges, told authorities she woke up to find the man had one of his hands inside her shirt touching her breasts and the other in her shorts molesting her, according to the complaint. Aksal, 48, was breathing heavily and repeatedly asked the woman to kiss him, it says.

THE ASSOCIATED PRESS



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Japan PM, nuclear protesters remain far apart



Japan's Prime Minister Yoshihiko Noda, right, talks with the leaders of the anti-nuclear protest in Tokyo on Wednesday. KYODO NEWS/THE ASSOCIATED PRESS

Sept. 11 release

Navy SEAL to publish account of Bin Laden raid

A first-hand account of the U.S. navy SEAL mission that killed Osama bin Laden is coming out Sept. 11. Dutton, an imprint of Penguin Group, announced Wednesday that Mark Owen's *No Easy Day* will "set the record straight" on the raid in Pakistan in May 2011.

Mark Owen is a pseudonym for the combat veteran who was one of the first fighters to enter bin Laden's third-floor hideout and also witnessed his death, according to Dutton. One senior military official said the manuscript was not shared with special-operations officials to check for possible disclosure of classified information. THE ASSOCIATED PRESS

Extradition request

Ecuador says it will treat refugee case like Assange's

Ecuador's deputy foreign minister says his government will treat Belarus' extradition request for a former police investigator with the same respect for human rights that guided it in the case of WikiLeaks founder Julian Assange.

Marco Albuja told reporters that if Ecuador finds Aliaksandr Barankov's life would be at risk at home it will apply the same criteria it did in granting asylum to Assange.

Barankov won political refugee status after arguing that he fears being killed in prison if sent home because he unearthed high-level corruption involving relatives of President Alexander Lukashenko.

THE ASSOCIATED PRESS

Safety concerns. Despite meeting, weekly mass rallies likely to continue

Japan's prime minister met for the first time with leaders of weekly anti-nuclear protests Wednesday but rejected their demand that two recently restarted nuclear plants should be shut again.

Tens of thousands of people

have been gathering every Friday night outside Prime Minister Yoshihiko Noda's office compound to protest against nuclear power because of safety concerns set off by last year's Fukushima Dai-ichi nuclear crisis.

The 11 protest leaders were allowed into the complex for the first time since they started chanting anti-nuclear slogans outside the tightly guarded building in April.

"When the majority of the general public opposed the re-

start, you forced it by trampling down on us. It was ridiculous and outrageous," protester Misao Redwolf told Noda as she sat across from him. "We will continue our protests as long as you keep ignoring our voices."

Noda initially called the demonstrations "big noise," triggering criticism. He promised the protesters on Wednesday he would listen to people's views and reflect them in policy decisions. But he did not accept their demands that his govern-

Protest plans

- The protesters said meeting the prime minister was not their goal and they'd continue to gather until their demands are met.

ment shut down two reactors that were restarted in July and keep the rest of the country's 48 reactors shuttered.

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Paralympic torch relay gets a sky-high start

Former soldier and marathon runner Karl Hinett holds the English Paralympic flame at the top of Scafell Pike in Cumbria, England, on Wednesday. The torch relay began yesterday with scouts lighting flames on the highest peaks in England, Scotland, Wales and Northern Ireland. The London Paralympic Games will begin on Aug. 29, when athletes with disabilities will compete in 20 different sports.

JOE GIDDENS/LOCOG/THE ASSOCIATED PRESS

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Body-parts victim's spa 'never open'

Unanswered. Police do not know how Liu died, and have not spoken of suspects



Guang Hua Liu. THE CANADIAN PRESS/
TORONTO POLICE SERVICE

A single mother of three whose body parts were found scattered in Toronto-area waterways had told neighbours she was planning to return to her native China.

Guang Hua Liu, 41, was reported missing on Aug. 11, one day after her friends dropped her off in front of a now-defunct spa she used to own called Forget Me Not Health Centre in east Toronto.

Jong Soon Suh, the owner of a dry cleaning business located in the same building for 18 years, said the former business owner at the spa's location told her Liu was planning to leave Canada just months after opening the spa because her former husband had decided to relocate to China for work.

Suh also said that she had become aware of Liu taking over the property in mid-May and was concerned with the spa because she never saw any customers enter and the front

window was covered with a curtain. "The store never opened. There was no opening sign and nobody was in there."

Suh said she had spoken with other business owners who observed the same thing.

Peel Insp. George Koekkoek said Liu had two children but they lived with their father.

On Aug. 15, Liu's right foot was found in the Credit River in Mississauga, Ont. Liu's head and hands were later discovered in the river in the Hewick Meadows Park area. On the weekend, two calves, a thigh and an arm were found in West Highland Creek.

THE CANADIAN PRESS

Spa inspection

- City inspectors checked out the spa after receiving a handful of resident complaints about the business, according to Coun. Michael Thompson.
- When inspectors arrived at the spa in July, zoning and bylaw officials found nothing improper, had trouble finding Liu, who said she was selling the business.



A stamp for the Stampeders

Calgary Stampeders' great Wayne Harris, right, and Canada Post director of delivery operations Tom Dixon, unveil the Calgary Stampeders and Canada Post stamp at a press conference in Calgary on Wednesday. Canada Post has issued a new series of stamps in commemoration of the 100th anniversary of the CFL Grey Cup. JEFF MCINTOSH/THE CANADIAN PRESS

Crime prevention. More jobs for youths: Province

Ontario is bolstering crime prevention programs with a focus on youth — to the tune of \$20 million — in an effort to get guns off the streets by trying to prevent kids from turning to crime in the first place.

A plan to expand summer job programs and add more youth outreach workers was announced Tuesday. The multi-million-dollar investment comes on the heels of two deadly public shootings this summer in Toronto.

Community Safety Minister Madeleine Meilleur said the government will be taking proceeds of crime and funnelling that money into crime-preven-

tion programs in priority communities in the province.

"Crime prevention is only one part of the youth action plan," she said. "But it is a critical part because it stops bad choices before they are made."

Children and Youth Services Minister Eric Hoskins said 35 new youth outreach workers will be added across the province, 20 of them in the Toronto.

The Liberal government already announced it will make funding permanent for initiatives such as the Toronto Anti-Violence Intervention Strategy (TAVIS), which targets gang, drug and weapons in priority communities. THE CANADIAN PRESS

Campaign. Premier Charest tributes family on the trail

Jean Charest used an election campaign stop Wednesday to announce that he will become a grandfather.

The Quebec Liberal premier was joined by his wife, Michele Dionne, at a personal campaign event in his home riding of Sherbrooke.

Charest, 54, touted his track record on gender issues, noting that he had named the first provincial cabinet with as many women as men and also introduced pay equity and gender-parity policies in government agencies.

Charest was surrounded by



Quebec Premier
Jean Charest

THE CANADIAN PRESS

women running for the Liberals and by his wife. He spoke about his mother-in-law and two daughters. "I would never have been premier of Quebec if not for my wife Michele," Charest said. "And I can even share a secret with you. Our eldest daughter Amelie is expecting a child soon. We hear it's a girl — which is fitting."

A poll suggests Charest is in danger of losing his riding, and women have been his party's most solid supporters.

THE CANADIAN PRESS

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Accused mass killer will be shaved: judge

Fort Hood shooting case. Muslim defendant who may face death penalty doesn't want to die without a beard

Can a U.S. army psychiatrist charged in the 2009 Fort Hood shooting rampage be forcibly shaved of his beard before his murder trial?

Yes, a military judge said Wednesday.

"Forced shaving is not a novel concept in the military," said a judge's response filed with the U.S. Court of Appeals for the Armed Forces.

The accused killer, Maj. Nidal Hasan, has grown a beard to express his Muslim faith.

His lawyers have said he



Maj. Nidal Hasan, shown in April 2010, believes not having a beard is a sin. THE ASSOCIATED PRESS

won't shave since he has had a premonition that his death is imminent, and he doesn't want to die without a beard because he believes not having one is a sin.

Hasan faces the death penalty or life in prison without parole if convicted in the November 2009 attack on the Texas Army post that killed 13 people and wounded more than two dozen others.

Last week the appeals court delayed Hasan's court-martial, which had been set to start this week with jury selection.

The judge, Col. Gregory Gross, has banned Hasan from hearings since he first showed up in court in June with a beard, letting him watch the proceedings on a closed-circuit television in a nearby room.

But Gross said Hasan will be forcibly shaved before the trial if he doesn't shave himself. Army rules prohibit beards, and those who join the military agree to give up certain personal interests.

THE ASSOCIATED PRESS



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Tampa. Hurricane could strike site of Republican convention: Forecasts

Tropical Storm Isaac is posing a potential threat to next week's Republican National Convention in Florida, which culminates in the nomination of Mitt Romney for president.

The U.S. National Hurricane Center on Wednesday morning said Isaac was expected to strengthen and could become a hurricane by Thursday.

Convention organizers knew it was a possibility during the peak of hurricane season. About 70,000 delegates, party officials, journalists, protesters and others are expected to attend.

It's been 90 years since a major hurricane made a direct hit on Tampa, the site of the convention. Florida, historically the nation's top target for tropical systems, has not been hit by a major hurricane since Wilma in 2005.

National Hurricane Center computer models had predicted Isaac would become a hurricane over the next few days, meaning maximum winds must be at least 120 km/h. Some models had the storm striking Florida, including the Tampa Bay area, after moving across Cuba or the Ba-

Just in case

- Republican and state officials have backup plans in place if the storm makes its way to Tampa, including an evacuation in a worst-case scenario.
- A four-day mock hurricane drill was held in May featuring a pretend major storm striking the Tampa area during the second day of the convention. Under that scenario, planners cancelled.

hamas as early as Sunday morning.

Jeff Masters, director of meteorology at Weatherunderground.com, said long-range storm-track predictions five days in advance are notoriously inaccurate, often off an average of 418 kilometres. But Masters said the climate situation has improved chances that Florida could be in the system's sights during the Republican event that runs Monday through Thursday. **THE ASSOCIATED PRESS**



Obama, Romney deadlocked in new poll

U.S. President Barack Obama closes his umbrella as he boards Air Force One before his departure from Nellis Air Force Base in Las Vegas on Wednesday. A new AP-GfK poll shows Obama and Mitt Romney locked in a statistical tie, despite the Republican challenger's recent choice of conservative Rep. Paul Ryan as his running mate. With less than three months remaining before the Nov. 6 election, 47 per cent of registered voters said they planned to back Obama and Vice-President Joe Biden, while 46 per cent favoured Romney and Ryan. That's not much changed from a June AP-GfK survey, when the split was 47 per cent for the president to 44 per cent for Romney. **DAVID BECKER/THE ASSOCIATED PRESS**

Facebook

Probation given for online threats against Obama

A Florida man has been sentenced to three years' probation for posting threats against U.S. President Barack Obama on Facebook in February. U.S. District Judge Marcia Cooke ruled Wednesday that Joaquin Serrapio, 21, had acted wrongly but there was no evidence he intended to carry out the threats.

THE ASSOCIATED PRESS

Rape controversy

Ryan urged Akin to drop out of race

The U.S. congressman under fire for making comments about "legitimate rape" and pregnancy said Wednesday that Republican presidential challenger Mitt Romney's running mate, Rep. Paul Ryan, personally pleaded with him to leave a crucial Missouri Senate race, but the advice went nowhere. Rep. Todd Akin insisted he's in the race to stay, saying "this is not about my ego."

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Right-to-die advocate's 'living nightmare' ends

Euthanasia debate.

Tony Nicklinson's death from pneumonia comes a week after British court rejected his right-to-die request

Tony Nicklinson, paralyzed and unable to speak, found life so unbearable he wanted to die. On Wednesday, the 58-year-old Briton got his wish.

His family said he died of pneumonia at home.

In January, Nicklinson asked the High Court to declare that any doctor who killed him with his consent would not be charged with murder. Last week, the court rejected his request, a decision that Nicklinson said had left him "devastated

and his condition was not terminal.

Nicklinson had argued that British law violated his right to "private and family life" as guaranteed by the European Convention on Human Rights, on the ground that being able to choose how to die is a matter of personal autonomy. He had previously described his life as "a living nightmare."

One of his daughters said on Twitter that before he died, Nicklinson had asked them to tweet "Goodbye world the time has come, I had some fun."

Police said they would not be investigating Nicklinson's death. "We can confirm he passed away," a police spokesman said on customary condition of anonymity. "His death certificate has been signed by a doctor, so it is not a matter for Wiltshire Police or the coroner." **THE ASSOCIATED PRESS**



Tony Nicklinson

THE ASSOCIATED PRESS FILE

and heartbroken."

Nicklinson was a former corporate manager and rugby player who suffered a stroke in 2005 that left him with locked-in syndrome. He was unable to speak or move below his neck and required constant care. Nicklinson communicated mostly by blinking, although his mind had remained unaffected



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A police officer uses his binoculars to check the Turkish border in Likofito village, northern Greece. Greece launched an aggressive has caused a swell in joblessness and a surge in racist attacks against immigrants, mostly from Afghanistan and Pakistan. NIKOLAS

Greece rounds up illegal immigrants, tries to seal border

Strong criticism.

Human-rights groups and local officials allege racial profiling and police brutality

Border police jeeps hurtle along hot, dusty tracks past potato fields on their way to the river that marks the Greek-Turkish border. Sirens blaring, the convoys have been repelling wave after wave of migrants.

Greece's remote Evros region has turned into Europe's main battleground against illegal immigration. More than two-thirds of people making the clandestine journey into the European Union pass through here from neighbouring Turkey.

Greece launched an aggressive campaign this month to try to seal its 200-kilometre northeastern border, as it faces a debilitating financial crisis that has caused a swell in joblessness and a surge in racist attacks against immigrants with dark skin.

The police operation has

brought nearly 2,000 additional border guards to the Turkish frontier previously manned by about 500 officers. They fanned out with dogs, night-vision equipment and flat-bottomed boats for 24-hour patrols of the Evros River that forms a natural border. At least 21 people have drowned or died of exposure crossing the river this year, while several have been listed as missing.

In Athens, the operation is being bolstered by mass roundups of suspected illegal immigrants. In the first week of the crackdown in early August, police said they apprehended nearly 7,000 people for identification checks. Nearly 1,700 were slated for deportation.

Anwar, a 22-year-old man from Bangladesh, walked across the border. He said he is looking for police so he can turn himself in. It's a well-worn ploy: Migrants have actively tried to get themselves taken to detention centres near Athens, assuming they will be released due to overcrowding and allowed to blend into the chaotic capital.

Resident reacts

"As long as people know they can make it here and eventually live freely, they will keep coming.... Nothing will stop them."

Christos Kyriakidis,
a 63-year-old resident in the Evros region

Now, however, authorities are determined to swiftly deport illegal migrants they round up.

The government insists the operation is working, reporting a drop in illegal border crossings by around 90 per cent in the first week.

Greece is a member of Europe's passport-free Schengen agreement but shares no borders with any of the other 25 member states. That has meant hundreds of thousands of irregular immigrants have been unable to cross into other European countries, trapping them in limbo in Athens and other cities, typically in slum conditions.

THE ASSOCIATED PRESS



campaign this month to try to seal its 200-kilometre northeastern border, as it faces a debilitating financial crisis that

NIKAKOUMIDIS/THE ASSOCIATED PRESS



Illegal immigrants stand behind a fence at a detention center in Filakio village, northern Greece, near the border with Turkey.

NIKAKOUMIDIS/THE ASSOCIATED PRESS

Illegal crossings

- In a recent pre-dawn operation, authorities using thermal-imaging cameras spotted a group of around 60 illegal immigrants on the Turkish side of the Evros River. Officers used spotlights, sirens and loud speakers to deter them from crossing, although 15 immigrants still made it over to a river islet in a no man's land and were arrested.
- Uniformed police officers from 25 countries are already helping Greece guard the Evros River as part of the European Union's border protection agency, Frontex.
- Greek police figures show

more than 21,000 illegal migrants were arrested in the first six months of 2012 after crossing over from Turkey, with nearly all — 20,841 — caught along the northeastern land border rather than on one of the many Aegean islands near the Turkish coast. The figures show a nearly 29 per cent increase from the same period last year.

- Afghans currently make up the highest number of people crossing illegally, followed by Pakistanis, Bangladeshis, and an increasing number of people from war-ravaged Syria, according to the border-protection agency.

Bailout talks

Greek PM seeking more time

Greece needs more time to implement tough financial reforms and spending cuts, Prime Minister Antonis Samaras said as he begins a series of top-level European meetings to discuss his country's international bailout.

Jean-Claude Juncker, head of the Eurogroup representing finance ministers of 17 countries that use the euro, arrived in Athens Wednesday to meet with Samaras. The Greek premier then heads to Berlin to meet with German Chancellor Angela Merkel and to Paris to see French President Francois Hollande.

Greece is dependent on two rescue loan packages from other eurozone countries and the International Monetary Fund, to keep it from bankruptcy and potentially having to leave the euro. In return, it has to impose strict austerity measures, including cuts to salaries and pensions and repeated tax hikes. But Athens has faltered in the speed and effectiveness of implementing the reforms, fuelling impatience by its creditors.

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What's in that feedbag?

Israel. Biblical park outfits donkeys with wireless routers

It was nothing like this 3,000 years ago.

An Israeli attraction meant to immerse tourists in an authentic, ancient biblical experience has outfitted its donkeys with wireless routers.

At the historical park of Kfar Kedem in northern Israel, visitors decked out in biblical robes and headdresses ride donkeys through the rolling hills of the Galilee, learning how people lived in Old Testament times.

Now they can also surf the web while touring the land of the Bible on one of

Quote

"I don't miss any news. I send pictures back to my family while I'm having fun on the donkeys."

Visitor Peter Scherr

the oldest forms of transportation. A device slung around the donkey's neck like a feedbag is actually a Wi-Fi router.

The park's manager, Menachem Goldberg, said Wednesday he hopes the melding of old and new will connect the younger generation to ancient Galilee life while allowing them to share, tweet and snap the experience instantly to friends. He played down the notion that 21st-century tourists have grown addicted to being online at all times.

"You take some pictures, you want to change your picture on Facebook — you can do it," Goldberg said.

Visitor Peter Scherr accessed the Internet while touring the Galilee hills to do some donkey fact-finding with his family.

"It has been used as a working animal for 5,000 years," said the New York native, reading from a Wikipedia page on his iPad.

"There are more than 40 million donkeys in the world. That's a lot of donkeys!"

THE ASSOCIATED PRESS



American tourist Ella uses an iPad while riding a Wi-Fi-outfitted donkey led by her brother Aaron, in Kfar Kedem, a biblical reenactment park in the Galilee, northern Israel, on Wednesday. ARIEL SCHALIT/THE ASSOCIATED PRESS

Animal news



Bao Bao THE ASSOCIATED PRESS

One of world's oldest giant pandas dies at 34

The Berlin zoo says Bao Bao, who was given to West Germany by China in 1980 and was one of the world's oldest giant pandas, has died. The zoo said the 34-year-old bear died early Wednesday in his enclosure after his health deteriorated over the last several months.

THE ASSOCIATED PRESS

Disappearing act

A well-known biologist in Newfoundland and Labrador says gannets who should be nesting at Cape St. Mary's have abandoned their chicks for cooler waters. Guides at the popular bird sanctuary noticed the phenomenon earlier this month when the seabirds suddenly disappeared.

THE ASSOCIATED PRESS

Better than a fully loaded taco, it's The Works.



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Carlingwood Mall
Les Galeries de Hull
Place d'Orléans
Promenades de l'Outaouais
Rideau Centre
St. Laurent Centre

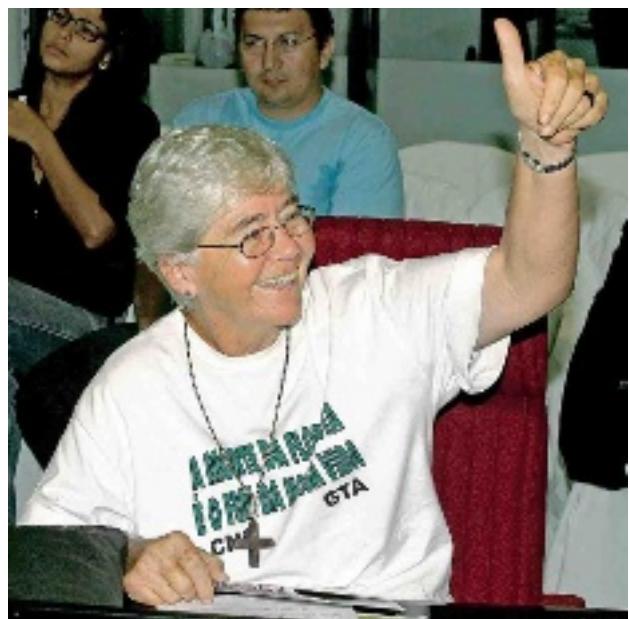
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Brockville
1000 Islands Mall

Cornwall
Cornwall Square

Kingston
Cataraqui Town Centre

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The late nun Dorothy Stang, of Ohio, gestures in Para's legislature in 2004 as she is declared "honorific citizen" in Belem, Brazil. CARLOS SILVA/THE ASSOCIATED PRESS

Alleged planner of nun's murder set free in Brazil

Rainforest activism.

Rancher was convicted in 2010 of ordering U.S. woman's death

Brazil's Supreme Court has ordered the release of an Amazon rancher charged with being one of the masterminds of the 2005 killing of American nun and activist Dorothy Stang.

The Supreme Court ruled Tuesday night that Regivaldo Galvao has the right to remain free pending the outcome of

his appeal process.

In 2010, a jury found Regivaldo Galvao guilty of ordering Stang's death and sentenced him to 30 years in jail. But he was freed on appeal.

He was imprisoned one year later after a Para state court ruled that he had to start serving his sentence before his appeal process had run its course.

Galvao was expected to be released later Wednesday.

Also convicted of ordering Stang's murder is Vitalmiro Moura, who is serving a 30-year jail term. Two other men charged with taking part in her

killing are also in jail. Another one is at large.

Stang was born in Dayton, Ohio, and spent three decades trying to preserve the rain forest and defending the rights of poor settlers who confronted powerful ranchers seeking their lands in the Amazon's wild frontier. The northern Brazilian state of Para, where Stang was gunned down with six, close-range shots from a revolver, is notorious for land-related violence, contract killings, slave-like labour conditions and environmental destruction. THE ASSOCIATED PRESS

Fight over lucrative land

- In Brazil, killings over land are common and seldom punished, as powerful landowners clash with farmers and others for control of lucrative farming and logging land.
- According to the watchdog group Catholic Land Pastoral, more than 1,150 rural activists have been slain in Brazil over the past 20 years.



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StatsCan: Retail sales down in June, against experts' expectations

Retail sales in Canada fell in June, widely missing expectations of a small gain as increasingly cautious shoppers pulled back on a number of fronts and overnight trips to the U.S. hit a record high as higher duty-free exemptions kicked in.

Statistics Canada reported Wednesday that seasonally adjusted retail sales declined 0.4 per cent to \$38.7 billion in June from the month earlier, more than offsetting a gain in May and frustrating economists who had expected a 0.1 per cent increase.

The biggest declines were felt by retailers who sell general merchandise, gasoline, building materials and garden equipment.

"The surprise drop in June sales was broad-based, sug-

Stateside shopping

1.9M

Canadians made a record 1.9 million overnight trips to the U.S. in June

gesting households are becoming a little more cautious, though cross-border shopping may have played a role as well," BMO Capital Markets senior economist Benjamin Reitzes said.

Canadians made a record 1.9 million overnight trips to the U.S. in June, and most overnight travel was by car, with Canadians taking more than 1.2 million trips — a 10 per cent increase month over month. **THE CANADIAN PRESS**

Market Minute

DOLLAR
100.87¢
(-0.17¢)

TSX
12,118.99 (+2.06)

OIL
\$96.99 US (+15¢)

Natural gas: \$2.826 US (+5.1¢)
Dow Jones: 13,172.76 (-30.82)

GOLD
\$1,642.20 (-70¢)

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Loonie not biggest problem facing exports, Carney says



Bank of Canada governor Mark Carney, left, and CAW president Ken Lewenza shake hands at the CAW convention in Toronto on Wednesday.

MICHELLE SIU/THE CANADIAN PRESS

Manufacturing.

Strong dollar explains only about 20 per cent of our poor export performance, Bank of Canada chief tells CAW

Don't look to the loonie as the biggest problem facing Canadian exports, Bank of Canada governor Mark Carney said Wednesday in his first-ever public address to organized labour.

The central banker's speech to a gathering of the Canadian Auto Workers' union was not

Quoted

"The high-paying manufacturing jobs of the future will be in companies ... that are fully engaged in the global economy."

Bank of Canada governor Mark Carney

only Carney's maiden public address to a labour group, but also the first time any Bank of Canada governor has made such an overture.

Carney addressed a persistent complaint of those who put the blame for weak exports squarely on the shoulders of the strong Canadian dollar. The manufacturing sector and auto industry have been particularly hard hit in recent years.

He noted Canada's export performance was the second-worst in the G20 over the last decade, with only nine per cent of exports going to fast-growing emerging markets such as China and India.

The structure of the Canadian economy, "unfortunately, is too north-south, not enough east-west in a global sense," Carney said during a media conference after his speech.

While CAW president Ken Lewenza conceded that the dollar isn't the only factor affecting auto manufacturing, he maintained that the loonie is more significant than Carney suggested. **THE CANADIAN PRESS**

Apple's patent lawsuit goes to jurors

Nine Silicon Valley residents who presided over the epic three-week patent trial between smartphone titans Apple and Samsung Electronics began deliberating the multibillion-dollar case Wednesday.

Apple is demanding Samsung pay \$2.5 billion US for allegedly stealing the design technology of the iPad and iPhone to create illegal knockoffs. Samsung counters that Apple stole its technology and is demanding \$399 million.

During closing arguments Tuesday, a lawyer for Apple said that Samsung was having a "crisis of design" after the launch of the iPhone, and executives with the South

Korean company were determined to illegally cash in on the success of the revolutionary device.

Samsung's lawyer said that the technology giant was simply and legally giving consumers what they want: smartphones with big screens. Lawyers finished their closing arguments late Tuesday.

The competing claims came after last-minute talks between chief executives failed to resolve the dispute.

The jury of nine people will consider the case after hearing three weeks of testimony from technology experts, patent professionals and company executives.

Apple's damage demands,



Apple headquarters in Cupertino, Calif. PAUL SAKUMA/THE ASSOCIATED PRESS

if awarded, would represent the largest patent verdict in the U.S.

The U.S. trial is just the latest skirmish between the

two over product designs. The two companies have been fighting in courts in Australia, Britain and Germany. **THE ASSOCIATED PRESS**

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PLEASE DON'T LEAVE ME, NHL



HE SAYS...
John Mazerolle
metronews.ca/voices/
he-says

Can't you spare a hit or two for a guy down on his luck, NHL?

As I write, labour talks are ongoing. So maybe by the time you read this both sides will have already had an action-movie style "Not partners — friends!" handshake and will soon be enjoying Coca-Cola atop a hillside in perfect harmony. Somehow I doubt it.

It looks like the league is heading toward its third lockout in two decades, which will leave me in withdrawal — sad, shivering and holding my head in my oversized novelty hands.

The league can be a cold-hearted partner even when it's running smoothly. Your favourite team can let you down year after year, while teams in the Deep South win despite holding what appear to be Empty Seat Nights.

And the NHL is the only league where the referees rediscover the rule book every 10 years or so, as if it were an old wedding album. "Wow, I forgot about this thing!" they say as they blow the dust off.

But turning these labour disputes into some sort of twisted tradition is the cruellest cut of all.

There will be lots of detail-laden news articles — pity the poor reporters who chose sports so they wouldn't have to write phrases like 'collective bargaining' — but the facts don't really matter.

All we know is that Rich White Man No. 1 wants one thing and Rich White Man No. 2 wants another, and somewhere along the way somebody will say, "It's not about the money" and we'll laugh through our tears.

None of the players are using their sticks and jock straps to build makeshift bindles, and if the owners were to start living out of their vehicles they'd still be in nicer digs than my apartment. Catriona Le May Doan will not be walking among emaciated negotiators, asking us to donate. ("Some of them are so weak they haven't thrown a punch in months.")

Of course it's about the money.

What's worse, when my drug is back I will accept it without condition as soon as it's offered, like any true addict. The NHL's marketing campaign after the lost season could be "Welcome back, sucker!" and I'd say, "Awesome!"

And I won't even be able to give the NHL the middle finger, because my giant novelty hands don't bend that way.



I couldn't imagine living life without giant novelty hands.

RICH LAM/GETTY IMAGES

The worst thing about the potential for a cancelled NHL season is that it lays bare my pathetic addiction. I'm hopelessly hooked on a league that doesn't care how I feel.

Can't you spare a hit or two for a guy down on his luck, NHL?

As I write, labour talks are ongoing. So maybe by the time you read this both sides will have already had an action-movie style "Not partners — friends!" handshake and will soon be enjoying Coca-Cola atop a hillside in perfect harmony. Somehow I doubt it.

NHL fan hardship

And the NHL is the only league where the referees rediscover the rule book every 10 years or so, as if it were an old wedding album. "Wow, I forgot about this thing!" they say as they blow the dust off.

For flippin' sakes! It's weigh-in time



GETTY IMAGES

Animal well-being

Animals weighed at annual check

It's time to find out which critter has been gorging.

Keepers at a London, U.K., zoo get out the scales for the annual animal weigh-in this week. Every one of the 16,000 or so animals, across 750 species, including penguins, meerkats, lions and owls, are put on the scales and measured, "to assess their health and behaviour," a spokesperson at the zoo says. METRO

Weigh-in weighed up

- Worldwide database.** The measurements are recorded into the Zoological Information Management System. They can be shared with zoos worldwide, which zoologists use to compare data on endangered species.

- What zoological director David Field says:** "This information helps us to monitor their health, their diets and their general well-being."



These pensive meerkats are certainly weighing in on London Zoo's annual animal audit. GETTY IMAGES



Twitter

@JuliaDeFelice: ...
So let us be loving, hopeful and optimistic. And we'll change the world. - Jack Layton # RIP

@BronDear: ...
#DearJack: the photo of chalk messages at NPS was my PC wallpaper even longer than any photos of my kids. You are missed.

@Craig_McDowell: ...
It was nice to talk about all the

times we had with Jack during the memorial on Parliament Hill. Jack, we miss you so much. #dearjack

@DDesBaillets: ...
I will be raising a glass to Jack at Brixtons pub in Ottawa tonite#dearjack #NDP #RIPJack

@bdiermccomb: ...
Return of the bright orange skinny jeans! #dearjack



Register at metropolitanpanel.ca and take the quick poll

Will Miley Cyrus' new shorter, blonder haircut start another wave of the pixie cut trend?

80%
NO — UNLESS
YOU'RE TALKING
ABOUT TWEENS

20%
YES, SHE'LL
DO FOR
PIXIES WHAT
HER FATHER
DID FOR
MULLETS



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SCENE

Local model turning heads internationally

Chelsea girl. Her beauty has taken her all over the world, but home is where Michea Crawford's heart is



BACKSTAGE
PASS
Jen Traplin
ottawa@metronews.ca

If you have flipped through a magazine or walked past a mall billboard in the last couple years, chances are you've run across an ad featuring local beauty Michea Crawford.

The Chelsea/Wakefield, QC native has been modelling professionally for more than two years and credits her friend Saad Al-Hakkak, a Montreal-based photographer, for getting her into the business.

"He had some photos of me in his portfolio and, when he was going out to agencies to get work, they saw my picture and said, 'Send this girl in,'" Crawford explains.

As it turns out, more than one agency was interested in the 20-something stunner, which, she admits, came as a surprise.

"I was like, 'Oh, get out of town!' It took me about a year to finally accept that I could do this full-time," she says.

Now, Crawford has three agencies in key international markets — her main agency, Folio in Montreal, Premier Model Management in London and Francina Models in Barcelona.

In the last two years, she has landed gigs throughout the

Quoted

"You really have to be able to come back and have real friends that aren't afraid to make fun of you."

Michea Crawford

U.S. and Europe, as well as Australia, Indonesia, Mexico, New Zealand and Morocco.

"I've been all over the world," she says.

A typical day in the life of Michea Crawford varies, depending on what country she is in and whether it's an audition day or a photo shoot.

For auditions, Crawford spends her days making her way around unfamiliar, foreign cities on foot or via public transportation for appointments and casting calls.

The real fun is had during the photo shoots.

"Hair and makeup can take a good two hours. Then, you look like a million bucks, you get put up in some clothes, walk onto the set and hope that they give you a bit of direction," she says.

Some shoots can be a reasonable eight hours. Others are much longer, starting before the sun goes up and ending late at night, she says. "If you're out in the jungle or on the beach somewhere, they want to get first sun and last sun."

Whether she's lying on a beach in Puerto Rico, posing in a jungle in Bali or making her way through the streets of London, Crawford's heart is always back home. "You really have to be able to come back and have real friends that aren't afraid to make fun of you," she says.



Chelsea/Wakefield, QC beauty Michea Crawford. CONTRIBUTED/FOLIO MONTREAL

On the web



Jimmy Kimmel moving into competition with Leno, Letterman; Nightline moving to later time.

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Canada's music fans flock to Twitter after surprising 'Chavril' announcement

Celebrity union. Two of Canada's international music stars reveal engagement following six-month courtship

Nickelback frontman Chad Kroeger tells Hello! Canada magazine he fell for fellow rocker Avril Lavigne in Paris during work on her upcoming fifth studio album.

The Canadian music power duo shocked music fans and media outlets yesterday when they announced their engagement after an ultra-discreet six-month courtship.

In this week's issue of Hello! Canada, the two share their story and engagement photos, in which Lavigne is wearing a pear-shaped diamond ring.

Kroeger, who hails from Hanna, Alta., tells the magazine, "I knew I was falling for her. It was incredibly powerful and something I'll never forget."



Chad Kroeger RICK OSENTOSKI/THE ASSOCIATED PRESS FILE



Avril Lavigne DAN STEINBERG/THE ASSOCIATED PRESS FILE

The 37-year-old also says he feels "like the luckiest person alive."

The 27-year-old Lavigne of Napanee, Ont., says of Kroeger: "He makes me laugh every day. He takes care of me in every way and is extremely attentive."

News of their engagement has music fans abuzz on Twitter, where the two are trending with the hashtag #Chavril.

This will be the first marriage for Kroeger and the second for Lavigne, who filed for divorce from fellow Canuck rocker Deryck Whibley of Sum 41 in 2009 after three years of marriage.

Nickelback — which also includes Kroeger's brother, Mike, on bass, guitarist Ryan Peake and drummer Daniel Adair — was named group of the decade by Billboard magazine.

Their 2001 breakthrough hit How You Remind Me was the decade's top rock song, and their bestselling album is 2005's All the Right Reasons.

Lavigne got her breakthrough as a teen in 2002

with her debut album Let Go and the hit single, Complicated.

Despite Nickelback's monster popularity, the group also has a reputation as one of the most hated bands in music.

Last year, after they were

invited to play at a Detroit Lions football game, an online petition protesting the performance drew more than 55,000 signatures.

Kroeger, however, says he only cares about making music for his fans.

THE CANADIAN PRESS

Twitter reactions

Francois Marchand
@FMarchandVS
There's only one way this #Chavril wedding can happen: Grey Cup halftime show. With pyro.

Andrew Snowdon
@snobiwan
I am assuming that #Chavril is a super super joke. I am content to play along; it'll help me lose weight.



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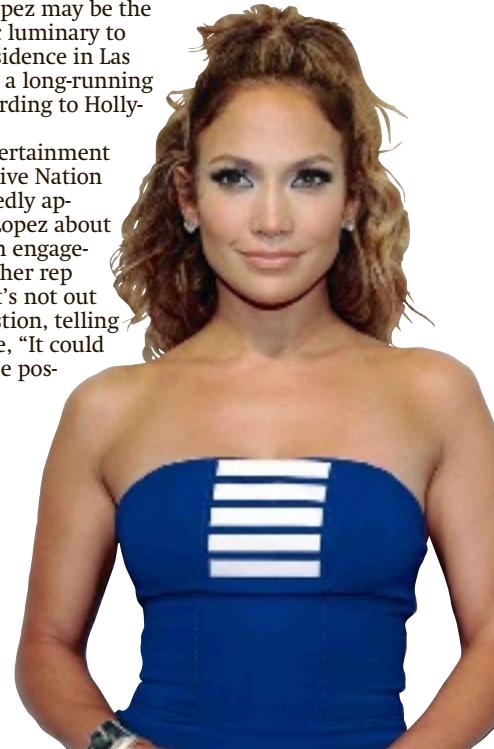
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#JFL42 THE LARGEST AND COOLEST MUSICAL COMEDY FESTIVAL

J.Lo to get Vegas show?

Jennifer Lopez may be the next music luminary to take up residence in Las Vegas with a long-running show, according to Hollywood-scoop.

The entertainment company Live Nation has reportedly approached Lopez about a long-term engagement, and her rep concedes it's not out of the question, telling the website, "It could very well be possible."



Lindsay Lohan

This time it's not her fault

Lindsay Lohan was reportedly questioned by police after jewelry went missing from a Hollywood Hills home where the troubled actress had spent the night, according to TMZ.

Lohan was reportedly among several guests who stayed overnight after a

small party at the home Sunday night. The next morning, the house's owner claimed expensive jewelry had been stolen and called the police. Sources say Lohan was very co-operative with police but maintained that she had nothing to do with any theft.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Prince Harry parties like a professional

MONICA WEYMOUTH
scene@metronews.ca

Prince Harry is learning the hard way that "What happens in Vegas, stays in Vegas" doesn't apply to drunk, naked members of the Royal Family.

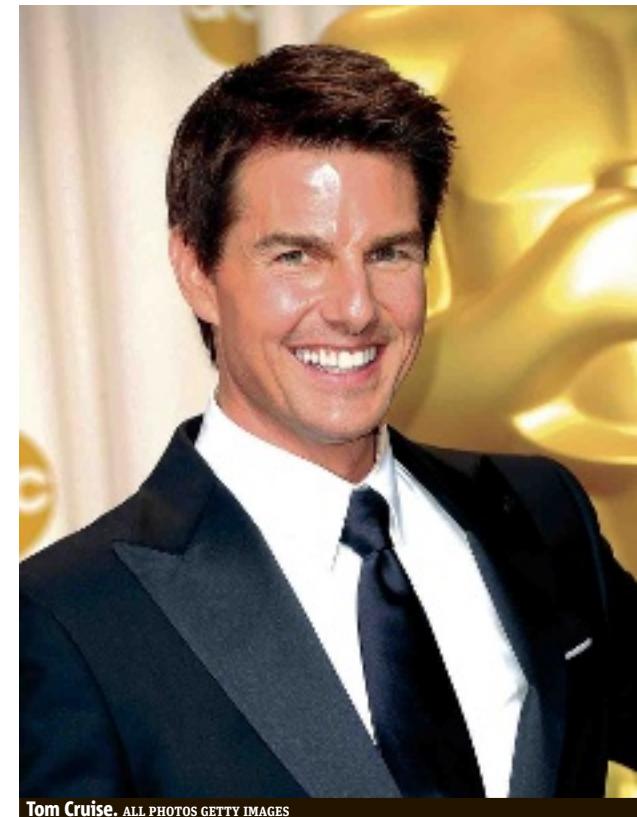
Harry, you see, had a way better weekend than the rest of us. After spending Friday afternoon poolside, Harry and friends stopped by the bar of the MGM Grand, where they met some girls — with cameraphones — who were, in fact, interested

in partying upstairs with a prince.

According to TMZ, it was a game of "strip pool" that led to the photos of Harry — completely naked except for a necklace and wonderfully awkward tan lines — hugging an equally naked girl from behind and holding his crotch. Harry stuck around Las Vegas long enough to challenge Olympic swimmer Ryan Lochte to a race through a pool full of girls in bikinis (he lost, in some very vague sense of the word), but was quickly summoned back to Buckingham Palace when the photos went viral.

Now, we don't envy having to explain the rules of strip pool to Queen Elizabeth.

But all in all, we'd say his weekend was well worth the international hangover.



Tom Cruise. ALL PHOTOS GETTY IMAGES

It's official

Tom Cruise's five-year marriage to Katie Holmes is officially over after a New York judge signed off on the divorce settlement earlier this week, according to E! News.

Completed in a remarkably short amount of time, the finalization comes just

a month and a half after Holmes initially filed for divorce from Cruise.

"Tom is very happy and relieved that he is moving forward," a source says.

"His priority is being a good father, and this settlement will make sure that continues."

More car trouble for Amanda Bynes

Amanda Bynes was reportedly involved in yet another car accident, but this time it looks like it wasn't her fault.

According to TMZ, Bynes' rental car was rear-ended by another driver Monday night, though the other driver reportedly claims they did not have enough time to

react and avoid a crash after Bynes made a reckless move.

"The collision was minor and information was exchanged, therefore, no police report was taken," a law enforcement official tells the website. Bynes was driving a rental car because her BMW is still being repaired from her last fender-bender.

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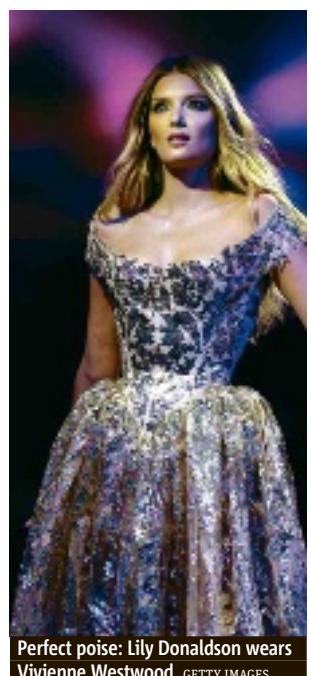
Gold makes an Olympic comeback

If, like us, you're still reeling from post-Olympic depression (POD), then take solace in these golden wonders.

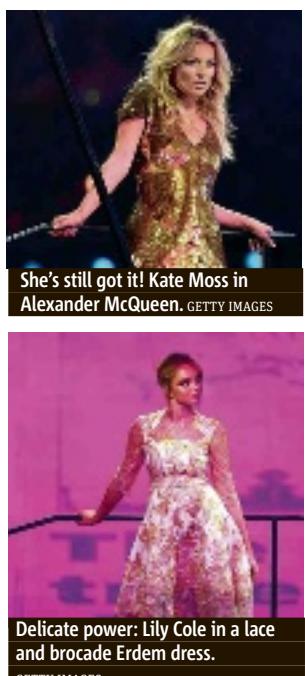
RICHARD PECKETT
life@metronews.ca



Striding out: The best of the British fashion industry's talent at the London Olympic Closing Ceremony. GETTY IMAGES



Perfect poise: Lily Donaldson wears Vivienne Westwood. GETTY IMAGES



She's still got it! Kate Moss in Alexander McQueen. GETTY IMAGES



Delicate power: Lily Cole in a lace and brocade Erdem dress. GETTY IMAGES

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Marni metallic leather brogues
\$685, net-a-porter.com



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On the Web



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@Jeanne_Beker: Yikes!
Only 2 more summer wknds left. What's the one thing on your summer hit list you haven't yet done??

@theuncagedbird
A vacation. Would love to be on the beach or camping.

@Jeanne_Beker
Just DO IT!! #lifeistooshort

@SeptembreA
Have a fabulous lobster dinner and read on the beach.

@Jeanne_Beker
I could definitely get into that!!

@JoAnnePulfer
but technically summer isn't over until Sept 21 when the solstice hits again, the school holiday is almost over :)

@Jeanne_Beker
True, but Labour Day kind of wraps it for me.....



@Jeanne Beker: This @1LouiseK ennedy '60s inspired gold lame coat is chic perfection! Simple, modern glamour...

@Jeanne_Beker: My Bekky @qualityslipper moves to Montreal tomorrow : Now both kids will have flown the coop. Suggestions for dealing with my empty nest?

@ALittleCavalier
take up knitting? Start a cat farm? Joking! They'll always love you, no matter how far away they are; you're still their mom!

@Medibrat
more puppies!

@GRobin
Enjoy the solitude. Listen to the quiet. Then make lots of plans.

@Jan5220
when you find out please pass it on to me, son moving to Toronto :)

@Jeanne_Beker
This city will be great for him! You'll have to come visit...



@Jeanne Beker: Know I just sent this, but didn't have twitter handle for @CorinthiaLondon. Hotel is beyond sublime!

The men's wear designers found themselves in a dark place this season, with everything from grunge to Gestapo-esque styles on show. Oh, and apparently leather trousers aren't just for George Michael or men that attend cage dancing and fetish parties. Let's leave S&M until later and delve into the darkness to discover some of this autumn's delights.



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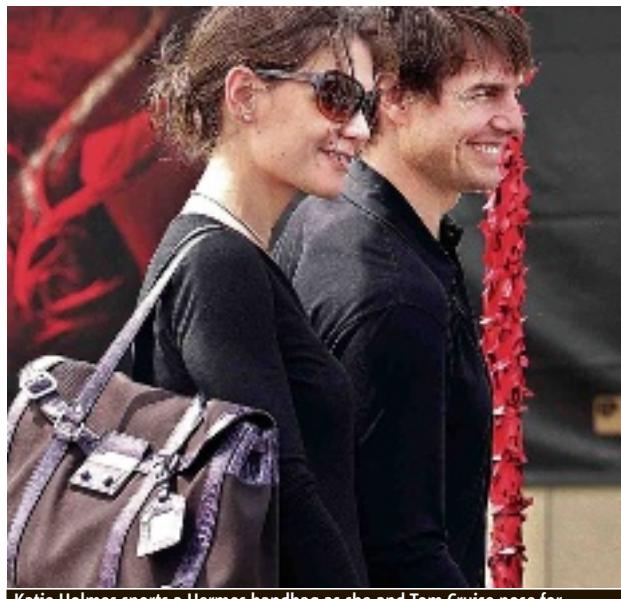
Luxury handbags are making a splash on the auction block

Hermes, Chanel, Louis Vuitton. What woman wouldn't covet a handbag by one of these iconic fashion houses?

The still red-hot status handbag market — driven by celebrity trendsetters such as Katie Holmes and Victoria Beckham — has not escaped the notice of some big auction houses. They say it's a new and growing category that is attracting a global clientele of sellers and buyers.

"For the last five years there's been an incredible growth and interest from the average consumer in that type of piece," said Matt Rubinger, director of luxury accessories at Heritage Auctions.

Dallas-based Heritage has embraced the market whole-



Katie Holmes sports a Hermes handbag as she and Tom Cruise pose for photographers in Madrid shortly after announcing their engagement

BERNAT ARMANGUE / THE ASSOCIATED PRESS

heartedly since its first dedicated handbag auction in December 2010.

At its holiday sale a year later, a red crocodile skin Hermes Birkin bag set a world auction record when it sold for \$203,150. A blue crocodile version at the same auction sold for \$113,525, and a shiny red crocodile Birkin fetched \$95,600. All three shattered the previous record of \$82,100 for a black crocodile Birkin sold at Christie's London in 2009 — two years after Christie's sold two dozen Hermes Kelly bags and other designer handbags and accessories. That 2007 sale convinced Christie's to get in this game, and there is a London auction planned by Christie's for November with 70 bags by Hermes

coupled with vintage couture of early 20th century designs by Chanel, Louis Vuitton and Lanvin.

This past January, Heritage expanded to include weekly online sales that start at \$1 and have no reserve and estimates. Generally, pieces sell from \$500 to \$2,500.

There is the occasional bargain, though: Recently, a rare Louis Vuitton top-handle bag in navy-blue Lucite realized \$325 during a Heritage weekly sale, and a vintage Carlos Falchi clutch sold for as little as \$69.

"It's often the more modern versions, the brightest colours and rare leathers that sell for the highest prices," said Christie's fashion specialist Clare Borthwick.

THE ASSOCIATED PRESS

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Heading back to college? Find new and gently used items online to fit your student budget


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Karl Lohnes
home@metronews.ca

Finding the perfect space to call home is one of the many stresses of heading back to college.

Thankfully, there are more resources than ever to help you find great deals and build a place to make your own.

Using online classifieds like kijiji.ca makes it easy to find new and gently used items to make the space feel like home.

By applying common sense and some simple design tricks you can create a

unique space on a student budget:

Find the perfect piece

Unique finds start with unique keywords so searching online classifieds using words like "vintage" almost always does the trick. Furniture from the '50s to the '70s is on trend right now and vintage pieces like tables and chairs are stylish and surprisingly affordable.

Think outside the box with art as well; do something different like hanging a small, patterned rug on your wall (it also acts as a sound barrier).

Practice smart space-saving

Organization is the key to making a small space look amazing.

When searching for shelves and other storage items, don't forget to think vertical. A tall bookcase or some strategically placed hooks make it easy to clear the clutter from your floors.

And, get creative with storage solutions. For example, repurpose old family heirlooms like a great big steamer trunk or vintage luggage.

Customize with colour and shape

Show off your personality with unique décor items in bold colours and shapes.

Tangerines and oranges are everywhere right now. To offset the colourful furniture, stay consistent with your basic colours and keep your walls monochromatic.

Don't forget that if you love the shape of a piece of furniture, you can always change the colour with an inexpensive coat of paint.

Updating is uber-easy

Small changes can have a big impact, especially if you're moving into an old space. Look to add a new pop of colour by simply swapping out accent pillows and small décor items each year.

Still in search of the perfect bed?

You did a segment on the components of a perfect bed, but I can't find the article. Could you please tell me what the components are, and recommend a good bedding store that has all of it and a wide enough selection, so that men don't feel or think that "feminine patterns" are only available? Thanks, Terry.


CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Terry,

First, let's start with a wonderful luxurious bed making "recipe". As a Butler this is what we would use for all of our special guests at the house.

Once you try this, you will wonder how you ever slept without it.

As a man, you may wish to consider going with all-white sheets or a masculine colour that matches your bedroom.

White sheets are easier to wash and remove stains, and patterned and colour sheets will fade over time.

Pillows (as per the size of bed and how many you like)

Top Sheet: (Second flat sheet that is used to cover the blanket)

Blanket: (Wool or other)

Flat Sheet: (This is the 1st flat sheet)

Fitted Sheet

Feather Bed: (My all time favourite) or a Wool Rest

Mattress pad protector

Mattress: (regular)

Box Spring

In addition, a good feather down, with a duvet cover made of the same sheet fabric is ideal.

It is difficult to buy all of these items in one place, however these are some great sources that I personally have used, see below.

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Time to hit the ground running on your new laminate flooring

DIY ideas. Updating the floors in your home can add instant beauty and an updated look without completing an entire renovation

Why laminate flooring?

Laminate flooring simulates the look of a hardwood floor and is easier to install and maintain than other flooring surfaces, with a much lower cost.

Being made from plastic, it is designated for light domestic use and may not be as durable as other flooring options.

Before Installation

Both temperature and humidity can affect the laminate flooring planks, so be sure to acclimate them in your home for 48 hours.

Purchase about ten per cent more flooring than



Save both time and money by installing laminate floors instead of hardwood. ISTOCK IMAGES

the square foot area you are updating since you will waste a little when cutting pieces. Clean the subfloor of the area, removing all dirt and debris. Remove all base

moulding and place out of the way.

Vapour Barrier

Lay out the vapour barrier one row at a time from the

largest wall of the room.

When joining two sheets of the vapour barrier together, be sure to follow the manufacturer's instructions as they may ask you to

overlap the sheets or ensure that they butt against each other.

Installation

Now it's time to start laying the planks of your new laminate floor!

For the best appearance, lay planks parallel to the longest wall in the room. Place half inch spacers against each wall and push the first plank up against them, with the groove toward the wall.

These spacers create an expansion gap so the floor can expand and contract without warping or buckling, and will later be covered by base moulding.

As you lay down each plank, match the tongue and groove and tap into place using a scrap piece of flooring to protect the planks.

Ensure pieces fit snugly and there are no gaps. Stagger the joints of flooring by offsetting new rows 6 – 8

inches so the joints at the end of the planks aren't lined up in a row — this helps for stability and appearance.

The last plank will need to be cut to fit.

Thresholds and Base Moulding

Thresholds are used between the end of the flooring and any open doors.

They come in different styles to accommodate the kind and height of flooring. After installing your desired thresholds, remove the spacers from each wall and install base moulding to cover the expansion gap.

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Missed the spring? You can still catch gardening's second season

Cold-weather crops.

With a bit of planning, your harvest can be extended long into fall

Mid to late summer is prime time for gardeners — a last chance to grow a second batch of fresh vegetables before the plant-killing frosts arrive. Add a few protective enclosures, such as cold frames, overhead sheets and hoops, and the harvest can be extended until Thanksgiving and beyond.

"The goal is to have fully grown, ready-to-pick plants that basically store themselves in the garden throughout the fall, so you can pick them as you need them over a long, sustained garden season," said Renee Shepherd, founder of Renee's Garden Seeds in Felton, Calif.

You can plant many of the cool-weather crops from seed if you time it properly, she said. That means choosing fast-maturing varieties that can de-



Kale or wild cabbage is shown at the New York Botanical Garden in the Bronx. It's a great fall season plant that provides an attractive addition for filling in vacant spots in the garden. DEAN FOSDICK/THE ASSOCIATED PRESS

velop ahead of the average date for the first hard frost.

"Row covers for plant protection can always help extend the season when cold weather comes early, but if you plan and plant at the proper time, your fall harvests still will be abundant," Shepherd said.

Think ahead though, because many neighbourhood

nurseries close or have picked-over inventories after the rush for spring supplies has ended.

"Some of the specialty garden centres and nurseries bring in extra plants for the fall, but you may have to purchase from another source and that takes some planning," said David Hillock, an extension consumer horticulturist with Oklahoma



A cabbage that ripens well in cool weather is shown at the New York Botanical Gardens. It's one of the second season crops (broccoli, lettuce, kale, spinach, turnips) capable of shrugging off fall frosts. DEAN FOSDICK/THE ASSOCIATED PRESS

State University.

Before planting a second crop, turn the soil and refresh it. Fertilize to restore nutrients lost to the spring varieties. And be sure to water. The ground is hot in August, and new plants must get plenty of water, especially while getting started.

"Anything you can do to help conserve soil moisture

should be done," said Rosie Lerner, a consumer horticulturist with Purdue University Cooperative Extension. "Organic mulches cool the soil and decrease the need for moisture, a big plus when starting over in the summertime."

There may be some overlap between spring and fall gardens. "Some beans and toma-

toes might remain, perhaps — things that will ripen in cooler weather," Hillock said. "But the typical fall garden crops tend to be more frost-tolerant."

Tender plants that usually stop growing or die after being nipped by frost include celery, eggplant, lima beans, cucumbers and summer squash.

Second-season crops capable of shrugging off several fall frosts — especially if covered by inexpensive plastic "tents" and warmed with light bulbs — include broccoli, cabbage, lettuce, kale, spinach and turnips.

"Here in Oklahoma, we have people harvesting tomatoes well into December if they have them covered," Hillock said.

And don't forget herbs. Thyme is the hardiest, along with sage, parsley and oregano.

There are other advantages to gardening in autumn: "Fewer pests and insects are around," Hillock said. "Temperatures are cooler with the fall rains. Disease isn't as frequent as it is with the springtime plants but you do have to keep an eye out."

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Travelling back in time

25th anniversary.

Creemore marks a quarter-century with Old World Altbier



JEFF
O'REILLY
For Metro

So how does a brewery that proudly claims to be "100 years behind the times" celebrate its 25th anniversary?

Simply put, it goes even further back in time to collaborate with Old World brewmasters and bring a classic and revered regional German style of beer back to Canada to share with its loyal "Froth-quaffing" fans.

Just in time for this weekend's annual Copper Kettle Festival in the tiny town that lends the brewery its name, Creemore Springs Brewery Limited knew it had to do something special to mark its 25th anniversary. With Premium Lager, a well-established pub classic, Creemore seems content to wait patiently before releasing new beers to mark its big birthdays — urBock (10th), Traditional Pilsner (20th), and Kellerbier (23rd), which completely threw us off with what seemed like a predictably good pattern. But it was such an amazing beer no one was complaining.

And now, to celebrate the quarter-century mark, Creemore decided that this would be the perfect time for its first trans-Atlantic collaboration. A quarter-century is a remarkable feat for a Canadian craft brewer, but in global terms the brewery is still in its infancy.

So last February, brewmaster Gord Fuller and head brewer Bryan Egan embarked on a journey to Düsseldorf, Germany, to study, brew and



Sarah toasts Creemore's 25th anniversary with a pint of its new Altbier.
JEFF O'REILLY/FOR METRO

learn everything they could about brewing a world-class Altbier. It seems that in the 19th century, when lager style beers became all the rage in Deutschland, ale production decreased dramatically. But this region held fast to its ales, which inherited the name "alt" beers, or "old" beers. In studying at one of the region's four oldest Altbier producers, Zum Schlüssel, they added even more heritage to the story as this 162-year-old German brew pub has been a brewery since the 1630s and is owned by the Gatzweiler family, which has brewing

roots dating back to 1313.

It is kind of ironic that Creemore — a brewery that had only produced lagers — would finally decide to brew an interpretation of this ale. But the special yeast (dating back hundreds of years) Fuller and Egan brought back with them not only ferments at a lower temperature than most ales, it also sits to mature and mellow for several weeks at a temperature near freezing, so this cellaring process is also quite similar to lagering.

Another interesting part of the process that occurred

was, of course, technology, where Egan and Fuller decided to document their travels and share them on Facebook and Tumblr (facebook.com/creemoresprings, creemoresprings.tumblr.com).

Egan describes each group's approach to brewing in once such entry.

"The fermenting ritual at Zum Schlüssel is like nothing Gord or I have ever seen or read about at any point in our long and storied careers (34 years combined, mostly Gord because I'm much younger, but not wiser). They brew two brews in one day, let them ferment overnight, then split them the next morning and top both up. It goes against all good reason in my brewing education that they wait one day (approximately 16 hours) to add fresh wort to an already fermenting brew with fresh oxygen, but that's what they do, and without question it works, as far as our taste buds are concerned. We came to Düsseldorf on a quest for the key (schlüssel, by the way, is German for key) to a perfect Alt, and we got a lot more than we bargained for."

With the German brewery owner and head brewer travelling to Creemore for this weekend's birthday celebrations, one can only wonder if plans are brewing for another collaborative effort. Hopefully, we won't have to wait another 25 years.

Creemore Springs Altbier (five per cent alcohol by volume, 473 ml, \$2.80 LCBO) pours a deep, copper with firm off-white head into a regular Creemore pint glass. The nose of caramel and bready malts with tastes of chewy toffee before mild, roast flavours and nuttiness end with earthy and slightly bitter hops near the end.

The mouth feels creamy smooth and slightly dry with medium body, subtle carbonation and a subtle lingering finish. Prost!



David Craig with his grandfather's famous chutney.

SAMANTHA EVERTS/FOR METRO

Taste textured flavours of Major Craig's Chutney

Major Craig's Chutney was officially founded three years ago here in Ottawa using local farm produce, but has a 125-year history.

Always given as gifts at Christmastime, David Craig is proud of its achievements of four original recipe chutneys and a line of Heritage Ketchups, including a national award winner.

"The 1884 North India Chutney just won the award for the Canadian Liver Foundation (LIVERight Awards) as the best tasting food in Canada," says Craig.

"The original recipe was my great-great grandfather's (in 1884)," he says.

His grandfather had been promoted to major while working for the East Indian Trading Company as a highly regarded supply officer in India. The tastes of the chutney reflect this refined and experienced palate. Dates, figs, apricots, sherry and spices blend wonderfully.

"It's a really great textured level of flavours. It's a great classic flavour."

The major's adventures inspired them to expand the line, including an unfortunate incident for a goat with a rather large python caught on their South Asian property. Though local tribesmen caught the snake, it would have "enjoyed its meal more with the Jerk Chutney."

They plan on carving out a bright spot in Ottawa's specialty food scene. Great for a charcuterie platter at home, surprise your guests with A Date with Cranberry atop some brie or the Winter Butter-nut and Beer with wings.

Major Craig's Chutney are proudly the first micro-processor that Savour Ottawa certified.

"We keep 60 per cent of the produce within 100 miles ... when we get seasonally challenged we keep it within Ontario."

Major Craig's Chutney is sold widely at local specialty food stores across Ontario.

Restaurants like Fraser Café and Red Apron regularly use Major Craig's.

SAMANTHA EVERTS

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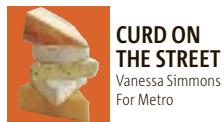
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The new cheese on the block



CURD ON
THE STREET
Vanessa Simmons
For Metro

This week, I'm thrilled to introduce Ontario's new "cheese on the block," debuting in Ottawa at Jacobson's Gourmet Concepts — Five Brothers from Gunn's Hill Artisan Cheese in Woodstock, Ont.

Passion is a common theme among cheese makers and Shep Ysselstein, who I first met at The Great Canadian Cheese Festival, is no exception. He just named their three Swiss-style cheeses, a process that took a year, which I equate to picking names for children. I love his philosophy that the names "need to feel right." You know it's going to be good cheese when so much patience, thought and effort goes into choosing the name!

Five Brothers, named for Shep's siblings, is a pressed, cooked, washed-rind, farmstead cow's milk cheese. An amber-coloured, weathered-looking exterior covers these robust wheels featuring a pale, straw open interior paste with unique, subtle texture and smooth richness.



Five Brothers from Gunn's Hill Artisan Cheese. ANESSA SIMMONS/FOR METRO

Flavours hint of Gouda (buttery) and Appenzeller (fruity) sweetness, ending

up almost cheddar-like (lactic) without the sharpness or characteristic tang.

A very tasty addition to round out your end-of-summer entertaining cheese board.



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Dining out. It's OK to Play with your food here

SAMANTHA
EVERTS
For Metro

Just like playtime, there are no rules at Play.

The menu is small-plates based, so you can share and sample a wide range of Steven Beckta's second, more laid-back restaurant. It is suggested for a full meal to order three sharing plates to be full. The interior was chic with a cool atmosphere — perfect for a date.

Interestingly, each plate is paired with a wine recommendation, ranging from the Niagara Peninsula to New Zealand whites.

A side salad of shaved fennel with a deliciously licorice-like intensity in the citrus vinaigrette was heightened with the addition of raspberries, making it a complex bite.

The shrimp was generous in size, sustainable and grilled in a light glaze served atop a cool bed of spicy quinoa that boasted almonds and Moroccan spices.

The hand-rolled gnocchi were soft pillows of potato dumplings served in a rich, cream sauce with fresh garlic scapes that really added to



The roasted asparagus with radish shavings at Play.

SAMANTHA EVERTS/FOR METRO

the flavour level when eaten together. The only complaint was there weren't enough to scoop up the yummy sauce.

The spicy pork sausage was juicy and had heat. Alongside it was a cool twist on southern cuisine with collard greens and warm chunks of sweet cornbread.

Lastly, we ended with the strawberry trifle with "pepper mousse," consisting of rich, mascarpone cream and valley strawberries with a ridiculously flakey, crisp graham cracker that had us scraping the bowl. The service was excellent.

If you are up for a little play, you can try two dishes for \$20 for lunch.

Play is located at 1 York St. For more, see playfood.ca.

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Pizza without those delivery costs

Tomato-Salad Topped Grilled Pizza



This recipe serves four. THE CANADIAN PRESS

Melissa d'Arabian is a home economist for a new era. Actually, she's more of a chief financial officer.

That's because the Food Network host is as adept at balancing ledger sheets as she is at getting dinner on the table.

It's a handy skill that comes with being a trained financial strategist, and turned out to be an unlikely backbone for her culinary career.

Her basic message to thrifty home cooks? Stretch your food dollars by treating your kitchen in terms of profit and loss. "As the manager of a household you're actually running a fairly complicated business," she says. "There are simple lessons we can take from the business world and apply to our homes."

Forecasting

Successful businesses project what their upcoming costs and revenues will be. A "rapid review" of a month's worth of grocery receipts will give the home cook an idea of what's being spent, d'Arabian says.

Once you have that number, figure out how much you'd like to save per month then do some quick menu planning.

"Glance around and see what needs to be used up," she says. Then buy only what

you need to fill out the meals already lurking in your pantry."

Marketing

You have to promote dinner to your kids? "You don't have to, but you'll be a lot more successful if you do," d'Arabian says.

In the d'Arabian household, a different child "presents" the meal each night, explaining each dish in detail — what's in it, where it's from, how it's made. "The act of presenting the food takes the mystery out of it for picky eaters," she says.

Here is d'Arabian's recipe for a pizza you make on the grill.

1. Rub a bit of olive oil onto cutting board, place pizza dough on it, turning to coat lightly on all sides with oil. Cover with a kitchen towel and let rest for 30 minutes.

2. After dough has rested, heat one side of grill to medium-high and other side to medium-low. In bowl, combine tomato, balsamic vinegar, lemon juice, salt, basil and 1 tablespoon of olive oil. Toss well, then set aside.

3. Using rolling pin, roll out dough into circle about 14 inches across. Use cutting board to carry dough out to grill. Place

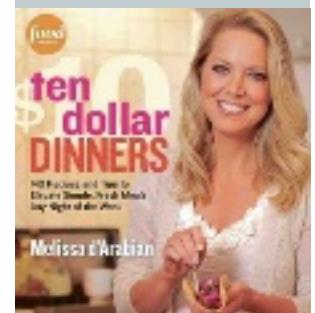
Ingredients

Start to finish: 45 minutes

- 1 tbsp olive oil, plus extra for dough
- 1-lb bag pizza dough
- 1 large very ripe tomato, cored and chopped
- 1 tbsp balsamic vinegar
- 1 tsp lemon juice
- 1/4 tsp kosher salt
- 6 fresh basil leaves, torn
- 4 oz fresh mozzarella cheese, thinly sliced and quartered
- 2 cups arugula or other baby greens

Cookbook of the Week

Kitchen dollars and sense



Melissa d'Arabian, host of Food Network's Ten Dollar Dinners, makes good on the \$10 promise of dinner for four in her debut cookbook.

Ten Dollar Dinners has 140 recipes, more than 100 practical money-saving tips and ways to get ingredients to last longer.

Her Potato-Bacon Torte shows how inexpensive supermarket ingredients can be turned into a satisfying dish. Her Roasted Vegetable Tian is a great way to take advantage of deals in the produce aisle. The Four-Step Chicken Piccata offers a plan for getting food on the table in just minutes, using almost anything in the pantry. METRO

Curried Peas with Cream. Give meat a flavour kick

Frozen peas are a fantastic freezer staple. You can elevate them quickly to a higher level with a little curry and cream. This combination adds a sophisticated kick to a variety of main courses from grilled meats, poultry and fish to roasted Sunday dinners.

1. In a small saucepan, bring 125 ml (1/2 cup) water to a

boil. Add peas and simmer for 2 minutes. Strain and set aside.

2. Just before you are ready to eat, heat butter in the same saucepan over medium heat. Add garlic and ginger and sauté for 30 seconds. Add curry paste and cook, stirring, for 30 seconds or until fragrant. Add cream and sim-

mer, stirring, for 2 to 3 minutes or until paste is incorporated and cream thickens slightly.

3. Return peas to the pan and season with salt and pepper. Stir to coat and serve immediately.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA (ANYDAYMAGIC.CA)

Ingredients

- 500 ml (2 cups) frozen peas
- 2 ml (1/2 tsp) butter
- 5 ml (1 tsp) minced garlic and ginger root
- 10 ml (2 tsp) curry paste
- 125 ml (1/2 cup) 35 per cent whipping cream
- 0.5 ml (1/8 tsp) salt & pepper



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Negotiations go dark on a sunny day in Toronto

NHL. Labour talks put on hold as league, players decide 'how to move the process forward in the best way possible'

NHL collective bargaining talks were cancelled Wednesday after top executives from the league and players' union held an impromptu morning meeting to discuss the status of the negotiations.

NHL commissioner Gary Bettman and deputy commissioner Bill Daly spent about two hours with players' association executive director Donald Fehr and his brother Steve Fehr, the union's No. 2 man.

"I think more than anything else it was to review where we are in the process, where we've come from, where we are with the various proposals and to determine how to move the process forward in the best way possible — hoping and understanding that both sides are committed to using the time left to making a deal as quickly as possible," Daly told The Canadian Press in an interview.

The clock is ticking. The current collective agreement is set to expire Sept. 15 when



NHL commissioner Gary Bettman, left, and deputy commissioner Bill Daly leave NHLPA offices on Wednesday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

the NHL says it will lock out the players if a new deal hasn't been reached.

Formal talks between the two sides were slated to resume at 1 p.m. Wednesday but were instead postponed until Thursday morning.

NHLPA executive director Donald Fehr said he didn't

"know what's going to happen for sure (on Thursday)."

"You get up in the morning and you try and work that day to see if you can make progress," he added. "If you don't find an agreement that way you do it again the next day and you keep doing it until you find a way."

There is a significant gap between the two sides' proposals.

The union put forth an offer last week that includes a smaller percentage of revenues for players over the next three seasons in exchange for an expanded revenue sharing program to help struggling teams. The NHLPA estimated that play-

Further issues

Beyond the monetary issue at the heart of talks, each side has prioritized a secondary cause.

- The NHLPA has made it clear that it would like to see an increase in revenue sharing and proposed the creation of an industry growth fund that would see \$100 million contributed each year for struggling teams.
- The NHL is largely happy with the current economic system, but has made no secret of the fact it would like to see the end to heavily front-loaded, long-term contracts.

ers would be giving up \$465 million US in salaries if the league continued on its pace of seven per cent growth each season.

The league's proposal called for a 24 per cent decrease in player salaries — accomplished by lowering the union's share of revenue — while introducing new contract restrictions, including a five-year cap on contracts. THE CANADIAN PRESS

MLB

A's Colon latest to be banned for testosterone

Former Cy Young Award winner Bartolo Colon of the Oakland Athletics was suspended for 50 games Wednesday after testing positive for testosterone.

Major League Baseball



Bartolo Colon
GETTY IMAGES FILE

made the announcement one week after all-star game MVP Melky Cabrera of the San Francisco Giants was suspended 50 games for a positive test for the same substance.

THE ASSOCIATED PRESS

NFL

"You bank on his maturity and experience to get him through a situation like this."

Philadelphia coach Andy Reid, who said Wednesday that Michael Vick will be ready for the Eagles' season opener. The star QB Vick probably won't play the rest of the pre-season with injured ribs.

Transaction complete

BCE, Rogers are now officially new owners of MLSE

The sale of Maple Leaf Sports and Entertainment and its sports television channels to two of Canada's biggest media companies, BCE and Rogers Communications is final.

The closure of the \$1.07-bil-

lion deal Wednesday comes after the sale received the final regulatory green light last week from the CRTC.

Competitors Rogers and Bell will jointly own a 75 per cent stake in MLSE, which owns the Toronto Maple Leafs, the Toronto Raptors and Toronto FC. It also owns Leafs TV, Gol TV and NBA TV Canada, as well as two services that have not yet launched. THE CANADIAN PRESS

4 Sports

Mobile sports



Rory McIlroy says he reveres and respects Tiger Woods' amazing list of accomplishments. But the PGA champion would still "love Tiger to go out first and kick his (behind)" when they pair up at The Barclays this week to kick off the PGA Tour playoffs. Scan the code for the story.

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A photograph of two individuals, a man and a woman, playing volleyball. The man is in the foreground, jumping to hit the ball, while the woman stands behind him, also in a volleyball stance. A volleyball is in the air between them.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	72	51	.585	—
Tampa Bay	69	55	.556	3½
Baltimore	67	56	.545	5
Boston	59	64	.480	13
Toronto	56	66	.459	15½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	67	55	.549	—
Detroit	65	57	.533	2
Kansas City	55	68	.447	12½
Cleveland	54	70	.435	14
Minnesota	51	72	.415	16½

WEST DIVISION

	W	L	Pct	GB
Texas	71	51	.582	—
Oakland	67	56	.545	4½
Los Angeles	63	60	.512	8½
Seattle	61	64	.488	11½

Wednesday's results

Tampa Bay 5 Kansas City 3

Oakland 5 Minnesota 1

Seattle 3 Cleveland 1

Toronto at Detroit

L.A. Angels at Boston

Baltimore at Texas

N.Y. Yankees at Chicago White Sox

Tuesday's results

Detroit 5 Toronto 3

L.A. Angels 5 Boston 3

Chicago White Sox 7 N.Y. Yankees 3

Seattle 5 Cleveland 1

Baltimore 5 Texas 3

Oakland 4 Minnesota 1

Kansas City 1 Tampa Bay 0 (10 inn.)

Thursday's games

All times Eastern

Toronto (Happ 2-1) at Detroit (Verlander 12-7), 1:05 p.m.

L.A. Angels (C.Wilson 9-9) at Boston (F.Morales 3-4), 7:10 p.m.

Oakland (T.Ross 2-8) at Tampa Bay (Cobb 7-8), 7:10 p.m.

Minnesota (Diamond 10-5) at Texas (Oswalt 4-2), 8:05 p.m.

Friday's games

L.A. Angels at Detroit, 7:05 p.m.

N.Y. Yankees at Cleveland, 7:05 p.m.

Toronto at Baltimore, 7:05 p.m.

Kansas City at Boston, 7:10 p.m.

Oakland at Tampa Bay, 7:10 p.m.

Minnesota at Texas, 8:05 p.m.

Seattle at Chicago White Sox, 8:10 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Trout LAA	100	404	97	139	.344
McCabrera Det	122	479	82	157	.328
Jeter NY	121	518	77	168	.324
Mauer Minn	113	421	67	134	.318
Revere Minn	85	358	48	113	.316
Konerko ChiW	106	397	52	125	.315
A Jackson Det	100	396	77	124	.313
Fielder Det	122	442	66	137	.310
Butler KC	121	455	52	139	.305
AdGonzalez Bos	121	473	63	144	.304
Runs — Trout, LA, 97; Kinsler, Tex, 83; McCabrera, Det, 82; Granderson, NY, 81; Hamilton, Tex, 78.					
RBA — McCabrera, Det, 105; Hamilton, Tex, 102;					
Willingham, Min, 91; Fielder, Det, 88; Pujols, LA, 86.					
Hits — Jeter, NY, 168; McCabrera, Det, 157; AdGonzalez, Bos, 144; Cano, NY, 143; AdJones, Bal, 143; AGordon, KC, 142; Andrus, Tex, 141.					
Home Runs — ADunn, Chi, 36; Hamilton, Tex, 34; Encarnacion, Tor, 32; Granderson, NY, 32.					
Stolen Bases — Trout, LA, 39; RDavis, Tor, 38.					
Wednesday's games not included					

38

SPORTS

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	77	46	.626	—
Atlanta	70	53	.569	7
Philadelphia	57	66	.463	20
Miami	57	66	.463	20
Toronto	56	66	.459	15½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	75	49	.605	—
St. Louis	66	56	.541	8
Pittsburgh	67	57	.540	8
Milwaukee	57	66	.463	17½
Chicago	47	76	.382	27½
Houston	39	84	.317	35½

WEST DIVISION

	W	L	Pct	GB
San Francisco	68	55	.553	—
Los Angeles	67	57	.540	1½
Arizona	63	61	.508	5½
San Diego	56	70	.444	13½
Colorado	48	73	.397	19

Wednesday's results

San Diego 4 Pittsburgh 2

Milwaukee 3 Chicago Cubs 2

Arizona 3 Miami 2 (DH)

Atlanta at Washington

Cincinnati at Philadelphia

Colorado at N.Y. Mets

Houston at St. Louis

San Francisco at L.A. Dodgers

Tuesday's results

San Francisco 4 L.A. Dodgers 1

Colorado 6 N.Y. Mets 2

San Diego 5 Pittsburgh 5 (10 inn.)

St. Louis 7 Houston 0

Miami 6 Arizona 5 (10 inn.)

Cincinnati 5 Philadelphia 4

Washington 4 Atlanta 1

Milwaukee 5 Chicago Cubs 2

Thursday's games

All times Eastern

Colorado (Chatwood 3-3) at N.Y. Mets

(McHugh 0-0), 1:10 p.m.

Houston (Keuchel 1-5) at St. Louis (Westbrook 12-9), 1:45 p.m.

Cincinnati (Cueto 16-6) at Philadelphia (Hamel 14-6), 7:05 p.m.

Atlanta (Hanson 12-5) at San Francisco (Zito 9-8), 10:15 p.m.

Friday's games

Colorado at Chicago Cubs, 2:20 p.m.

Milwaukee at Pittsburgh, 7:05 p.m.

Washington at Philadelphia, 7:05 p.m.

Houston at N.Y. Mets, 7:10 p.m.

St. Louis at Cincinnati, 7:10 p.m.

San Diego at Arizona, 9:40 p.m.

Miami at L.A. Dodgers, 10:10 p.m.

Atlanta at San Francisco, 10:15 p.m.

Wednesday's game not included

TUESDAY

TIGERS 5, BLUE JAYS 3

	AB	R	H	BB	SO	Avg.
Toronto	4	0	1	0	0	.256
Rasmus If	4	0	1	1	1	.237
Encarnacion dh	5	2	2	1	0	.291
Cooper 1b	4	1	3	1	0	.297
Y.Escobar ss	4	0	1	1	0	.246
K.Johnson 2b	3	0	1	0	2	.229
Sierra ph	1	0	1	0	0	.333
McCoy pr-2b	0	0	0	0	0	.208
Vizquel 3b	3	0	1	0	1	.210
Mathis c	4	0	1	0	0	.220
Gose rf	4	0	0	0	3	.192
Totals	36	3	10	2	10	.313
Detroit	AB	R	H	BB	SO	Avg.
A.Jackson cf	5	1	3	0	0	.313
Infante 2b	4	0	1	2	1	.287
McCarver 3b	4	0	1	0	0	.328
Fielder 1b	2	0	1	0	2	.310
Jh.Peralta ss	3	0	0	1	0	.259
D.Young dh	3	0	2	1	1	.268
Je.Baker rf	2	0	0	0	1	.

No holding back from Hall on 7-year pact



Taylor Hall is one of Edmonton's top offensive weapons but has had trouble staying healthy, missing 38 games in his first two NHL seasons.

CHRISTIAN PETERSEN/GETTY IMAGES FILE

NHL Oilers sign former first overall pick to a \$42M extension

Taylor Hall is in for the long haul in Edmonton.

The Oilers signed the young forward to a \$42-million US, seven-year contract extension Wednesday and the Calgary native said he had no hesitation about the length of the deal.

"When they said seven years I didn't blink," the 20-year-old Hall said. "I'm comfortable being here for that long. I think by that time ... I hope we're a perennial threat. That's my

main goal and my mindset when I signed the deal."

Hall was the Oilers' first overall pick in 2010 and has since become a key fixture on the team's youthful top line alongside fellow first overall pick Ryan Nugent-Hopkins and Jordan Eberle.

"You have to have complete belief in the player and our organization obviously does," said Oilers general manager Steve Tambellini. "He just brings such a complete level to our organization. He grabs the rope and pulls everybody along."

The deal makes Hall the highest paid player on the Oilers in average salary at \$6 mil-

By the numbers

2

Taylor Hall finished second in Oiler scoring last season with 27 goals and 53 points in 61 games. Jordan Eberle led the team with 34 goals and 76 points in 78 games.

lion per year. Veteran centre Shawn Horcoff, who signed a hefty six-year, \$33-million deal in 2009-10, will make \$6 million next season but averages a lower cap hit at \$5.5 million.

Eberle is also in negotiations for a contract extension and likely looking for similar money to Hall. Eberle made his

rookie debut the same year as Hall and is coming off a break-out season.

"We've had some good dialogues throughout this whole thing and I think his should be pretty soon," Hall said of his linemate. "He's along the same path, he wants to be here and so do I."

Tambellini wouldn't reveal where the Oilers are in making deal with Eberle.

"We've had some discussions but I don't have anything to report at this time," he said.

The Oilers have been in rebuilding mode for several years now. Last season they finished 29th in the NHL with a 32-40-10 record. **THE CANADIAN PRESS**

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Horoscopes

Aries

March 21 - April 20

You seem so relaxed at the moment that others may think you no longer care, but that isn't true. Find ways to let loved ones know you are still there for them, even when your head is miles away.

Taurus

April 21 - May 21

As Mars moves into the partnership area of your chart a lot of excitement will be generated in one-to-one situations. It will amuse (and delight) you when you realize so many people want to get close to you.

Gemini

May 22 - June 21

You may find yourself at odds with people you work with today. No matter how much pressure they put on you to back down, you must not give in. You are right and they are wrong. It's just that simple.

Cancer

June 22 - July 23

Don't wait for other people to make the first move. Make it yourself and leave those you live, work and do business with in no doubt that you've got your act together. It's time to get serious about your ambitions.

Leo

July 24 - Aug. 23

As Mars moves into one of the more sensitive areas of your chart today, you will be forced to confront people who have been giving you a hard time. Be direct, but listen to their side of the story as well.

Virgo

Aug. 24 - Sept. 23

After a long period of being held back, you are at last free to pursue what interests you — regardless of what others might think or how much it might cost. Go a little crazy today. You owe it to yourself.

Libra

Sept. 24 - Oct. 23

Don't waste your time on trivial issues. Now that energy planet Mars is leaving your sign, you have to get serious about how to make best use of your resources. They're not unlimited, you know.

Scorpio

Oct. 24 - Nov. 22

Over the next few days, you will find that many more things go well for you, including those things you thought you would never master. Mars in your sign gives you the kick you need to be more active and ambitious.

Sagittarius

Nov. 23 - Dec. 21

You won't be quite so relaxed and easygoing today and tomorrow. Mars in the most sensitive area of your chart means you'll tend to see the negative more than the positive. Maybe, in the short-term, that's no bad thing.

Capricorn

Dec. 22 - Jan. 20

What you do for others today will come back to you in some form in the very near future. Go out of your way to help people in need, and your own needs will be taken care of too.

Aquarius

Jan. 21 - Feb. 19

Mars crosses the career angle of your chart today, firing the ambitious side of your nature. Whatever it is you decide to do, it must be huge. Don't limit yourself to petty triumphs — go for the big one.

Pisces

Feb. 20 - March 20

If you are planning a trip of some kind, you could hardly pick a better time because with Mars on your side you will head straight for your destination and won't allow anything to get in your way. Drive safely. **SALLY BROMPTON**

Crossword: Canadiana

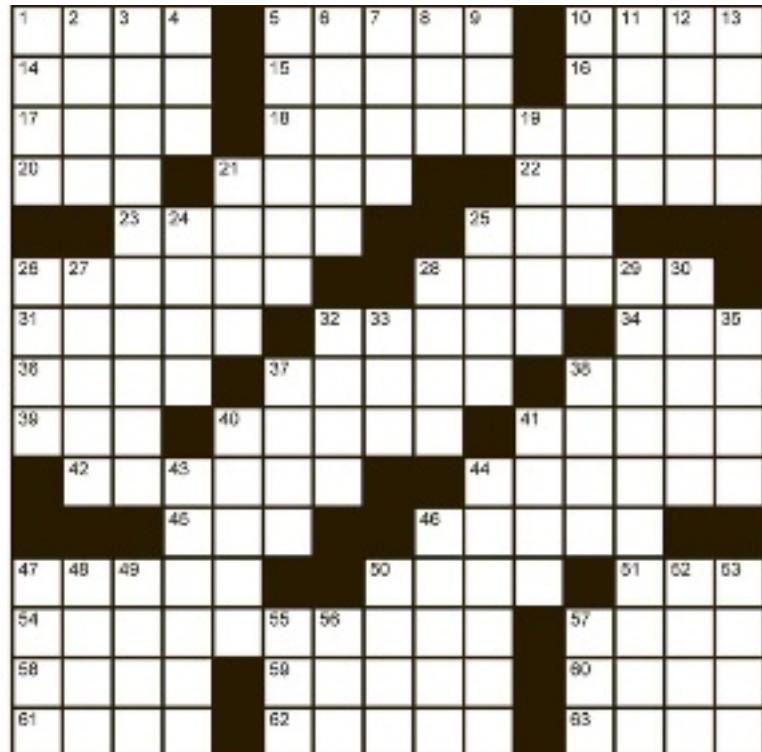
Across

- Best baccarat hand
- Mark sale items, perhaps
- Go for a dip
- "I have ____ good authority" (2 wds.)
- British noblemen
- Cantina fare
- Ontario-born *Scream* star Campbell
- Ontario, Erie, et al. (2 wds.)
- Simon and Garfunkel's "I ____ Rock" (2 wds.)
- Place for a 34-Across
- Computer warning
- Italian town in which the *Quantum of Solace* horse race takes place (anagram of ANISE)
- CBS forensic drama
- 7-Up nickname
- Destination in a two-part route (2 wds.)
- Blackened, as a chimney
- Reeked
- Canadiens member, familiarly
- Blues songstress James
- Table positions
- DNA carrier
- Batter's stat
- Appears
- Particular strength
- jabbered
- It's a party in the UK
- Chips accompaniment
- Battlefield doctor
- Days-old
- Deceptive manoeuvre
- Drum set
- They handle our mail (2 wds.)

- Opera set on the Nile
- Neural transmitter
- Actress Zellweger
- Clairvoyant one
- Circle
- Ebenezer Scrooge, for one
- "Hey, buddy"

Down

- La ____: El Niño counterpart, an ocean phenomenon that affects weather
- List part
- Maritime Province (2 wds.)
- WSW opposite
- Saskatchewan capital
- living: work for wages (2 wds.)
- Enterprise* journey
- Chicken ____ king (2 wds.)
- Canada's national levy, for short
- Former Soviet leader Joseph
- Arouse from sleep
- "Happy birthday" writer, perhaps
- A majority
- Cornea-reshaping surgery
- Have faith in, with "on"
- Tiny amount
- Bamboozles
- One with a computer
- "____ a long shot!": "No way!" (2 wds.)
- Affectionate taps
- They form the Alberta-BC border (2 wds.)
- Central and southern



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African people
32. Bird food
33. Scotsman's cap
35. Molson's, say
37. Ooze
38. Mongolian desert
40. Schussed
41. Become dim
43. Edmonton-born pop and country singer-songwriter and occasional actress who renders her
name in lowercase letters
(2—3— wds.)

March"
53. Fruit pastry
55. Elbow's locale
56. Maritime Prov.
57. African cobra

44. PM Pearson
46. Museum: Fr.
47. Wound result, sometimes
48. Cab
49. Before much longer, poetically
50. Hollywood's Howard and Perlman
52. "Beware the ____ of

Yesterday's Crossword



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Yesterday's Sudoku



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